

## BENEFITS OF E-Z MG:

- Essential for central nervous system health\*
- Plant-based and considered ideal as a naturally-occurring magnesium, as it consists of a collection of various magnesium forms (i.e., multiform)
- Helps to bridge the gap in dietary magnesium intake\*
- Excellent source of vitamin K1 and iron
- Good source of magnesium
- USDA Organic, Vegan, Gluten-Free



**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Warning:** This product contains naturally occurring Vitamin K1. If you are taking blood-thinning medicines, are pregnant or nursing, or have been directed to eat a diet low in oxalates, please consult with your health care professional before taking this product.

**Caution:** This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

## Supplement Facts

Serving Size: 6 Tablets  
Servings per Container: 30

	Amount per Serving	%Daily Value
Calories	20	
Total Fat	0.5 g	<1%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	<1 g	†
Protein	<1 g	1%*
Vitamin K1	36 mcg	30%
Calcium	20 mg	2%
Iron	6 mg	33%
Phosphorus	30 mg	2%
Magnesium	70 mg	17%
Potassium	380 mg	8%
Proprietary Blend	5.8 g	†
Organic buckwheat (aerial parts) juice powder and organic swiss chard juice powder.		

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Organic rice (hull) concentrate, organic rice extract, organic rice hulls, organic arabic gum, and organic sunflower oil.

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## The Case for Magnesium (Mg) Supplementation

Over 50% of Americans don't meet the daily dietary magnesium requirement.<sup>1</sup>



Magnesium contributes to more than 300 enzyme reactions in the body on a daily basis. Some of the more critical roles that magnesium plays in the body include nerve conduction, muscle contraction, energy production, nutrient metabolism, and protein, bone and DNA formation.



NORMAL VEGETABLE  
INTAKE: 1.6 CUPS



IDEAL VEGETABLE  
INTAKE: 2.5 CUPS

## Why is Magnesium Deficiency Occurring?

- The Standard American Diet (SAD) is high in processed foods and carbohydrates, low in vitamins and minerals.<sup>2</sup>
- Data suggests that produce has experienced a decline in mineral content over the last century.<sup>3</sup>
- Magnesium depletion in soil through lack of plant rotation, overproduction and pesticide use.

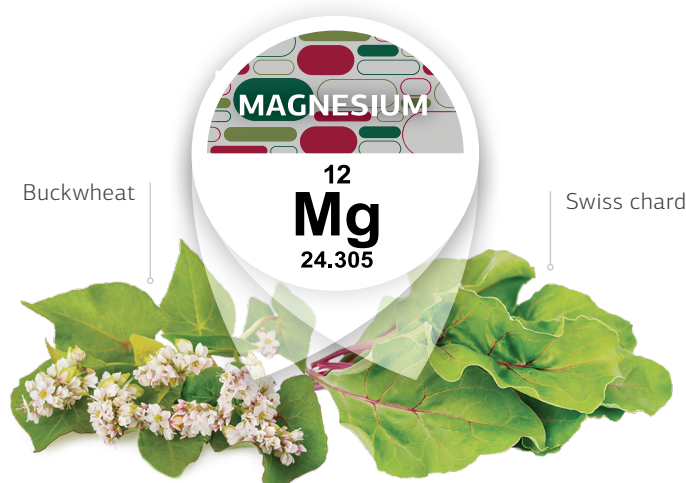
## Signs of low magnesium may include:<sup>4,5</sup>

- Mild headaches
- Brain fog
- Muscle twitches
- Tremors
- Cramps
- Fatigue
- Muscle weakness
- Mood change
- Glucose management

^E-Z Mg™ may not address these concerns and is not intended to diagnose, treat, cure, or prevent any disease.

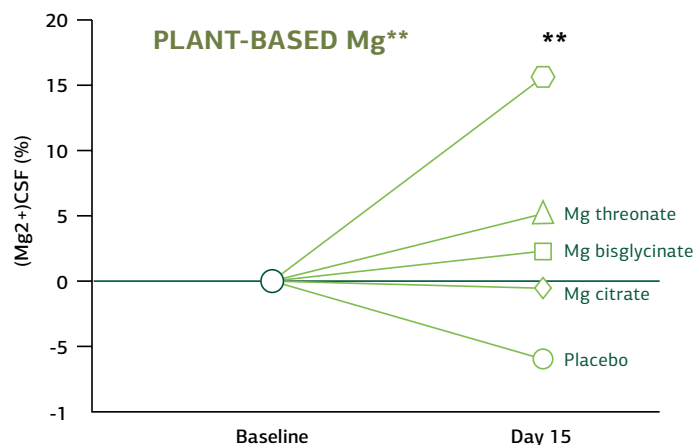
Standard Process products labeled as **Vegan** are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. Standard Process products labeled as **Gluten-Free** have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



## Multiform Magnesium

One serving of E-Z Mg contains 5.8 g of our proprietary blend of organic dried Swiss chard juice and organic buckwheat (aerial parts) juice, delivering 70 mg of elemental magnesium. The 70 mg of magnesium (approximately 17% of the RDI) would be sufficient to bridge the magnesium dietary intake gap for around 70% of the population. The remaining 30% (composed of individuals at the lowest end of dietary magnesium intake) are advised to increase their intake of plant-based diet along with E-Z Mg.



## Elevation of Ionized Mg Level†

Percent change in CSFMg level from baseline after 14 days of administration with various Mg forms.

\*\* Indicates a significant difference from control on day 15,  $p < 0.05$  (fisher LSD).

† Data on file.

The **great majority** of the raw plant ingredients used in our products are grown on our organic and sustainable farm

**Freshly picked crops** are often processed within a day to maintain vital nutrients

We harvest more than **6.5 million** pounds of ingredients on our certified organic and sustainable farm

## Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.

## REFERENCES

1. Moshfegh, A. G., Joseph; Ahuja, Jaspreet; Rhodes, Donna; LaCombe, Randy, What We Eat in America, NHANES 2005-2006: Usual Nutrient Intakes from Food and Water Compared to 1997 Dietary Reference Intakes for Vitamin D, Calcium, Phosphorus, and Magnesium. U.S. Department of Agriculture, Agriculture Research Service 2009.
2. Rosanoff, A., Changing crop magnesium concentrations: impact on human health. Plant and Soil 2013, 368 (1-2), 139-153.
3. Davis, D. R., Declining Fruit and Vegetable Nutrient Composition: What is the Evidence?. HortScience 2009, 44 (1).
4. DiNicolantonio J.J., Keefe J.H., Wilson W., Subclinical magnesium deficiency: a principal driver of cardiovascular disease and a public health crisis. Open Heart. 2018, 5(1).
5. Supplements, N. I. o. H. O. o. D. Magnesium: Fact Sheet for Health Professionals <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/> (accessed 8/18/17).