

## FACT SHEET - IMUNI Magnesium Citrate

### What is IMUNI Magnesium Citrate?

IMUNI Magnesium Citrate is a highly bioavailable form of pure magnesium citrate. Free from any nasties, this excipient-free formula contains no added colours, flavours or sweeteners making it the perfect addition to your favourite drink.

Each included scoop delivers 356.5mg of high purity elemental magnesium. This high grade formula designed with a highly bioavailable form of magnesium which dissolves easily to support heart, muscle and nervous system health.

This essential mineral is crucial in maintaining health and wellbeing, as a cofactor in more than 300 enzyme systems and biochemical reactions in the body including neuromuscular function.

### Ingredients:

Each level scoop contains 2.3g of magnesium citrate (equivalent to elemental magnesium 356.5mg). The defined tolerable upper level of intake (UL) for supplemental magnesium for adults (as defined by NHMRC) is 350mg.

All ingredients are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts, soy, sulfites, added sugars, artificial colours, sweeteners or flavours or genetically modified ingredients (GMO-free).

### Recommended dose:

Recommended for adults. Take one (1) level scoop per day, or as recommended by your healthcare professional. May be added to food or beverage and consumed immediately.

### Precautions/contraindications:

Consult your doctor before use if:

- You have previously suffered from severe kidney disease (individuals with poor kidney function are at higher risk of developing excessive blood levels of magnesium)
- You are taking potassium sparing diuretics (e.g. spironolactone) - these can possibly increase blood magnesium levels

## Warnings and adverse effects:

Vitamin and mineral supplements should not replace a balanced diet. Store below 30°C in a cool, dry place away from direct sunlight. Do not use if the tamper seal is broken or missing.

- Oral magnesium is generally well tolerated.
- The most common adverse effects include diarrhoea and nausea which are more likely at doses in excess of the recommended maximum dose of 350mg elemental magnesium per day.
- There may be some risks involved if taking very high doses of magnesium during pregnancy. The defined tolerable upper level of intake (UL) for pregnant and breastfeeding women is 350mg elemental magnesium.

## For Health Professionals

### Interactions with medications:

- Magnesium is known to interact with Levodopa/Carbidopa (medications used in the treatment of Parkinson's disease) and can reduce their bioavailability and effectiveness.
- Magnesium can decrease effectiveness of bisphosphonates (used in osteoporosis) as well as digoxin and gabapentin.
- Potassium sparing diuretics (e.g. spironolactone) might increase blood magnesium levels.
- Magnesium can decrease absorption of select antibiotics (e.g. doxycycline, ciprofloxacin) - this is a moderate interaction, and caution is advised.
- Magnesium can increase the absorption of sulfonylurea drugs (e.g. Gliclazide) often used in the treatment of diabetes. It would be important to consult your doctor before use and to monitor blood glucose levels closely.

### References:

- Natural Medicines Database - Magnesium [Internet]. TRC Healthcare [cited 20 Oct 2021]. Available from: <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=998>
- Nutrient Reference Values for Australia and New Zealand - Magnesium [Internet]. National Health and Medical Research Council [cited 20 Oct 2021]. Available from: <https://www.nrv.gov.au/nutrients/magnesium>
- Office of Dietary Supplements - Magnesium [Internet]. Ods.od.nih.gov. 2020 [cited 11 December 2020]. Available from: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>