

# MAGONATE®

Dietary Supplement



MAGONATE Liquid

MAGONATE Tablets

**References:**

Mauskop A.; Altura B.M.; Role of Magnesium in the pathogenesis and treatment of migraines. *Clinical Neuroscience* 1998. 5(1): 24-7.

Lopez-Ridaura R.; Willet W.C.; Rimm E.B.; Liu S.; Stampfer M.J.; Manson J.E.; Hu F.B.. Magnesium intake and Risk of type 2 diabetes in men and women. *Diabetes Care* 2004. Jan;27(1): 134-40.

Cleveland L.; Goldman J.; Borrrud L.; Data Tables: Results from USDA's 1994 Continuing Survey of Food intakes by Individuals and 1994 Diet and Health Knowledge Survey. *USDA Continuing Survey of Food Intakes by Individuals 1994*.

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

**Fleming**  
PHARMACEUTICALS

Fleming Pharmaceuticals • Telephone: 636.343.5306 • Fax: 636.343.5322  
1733 Gilsinn Lane • St. Louis County, MO • 63026 • [www.flemingpharma.com](http://www.flemingpharma.com)

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# MAGONATE®

## Magnesium Supplement

Dietary Supplement

Now Available at  
[www.magonate.com](http://www.magonate.com)

- Relieves migraines\*
- Soothes muscle pain\*
- Increases bone density\*
- Enhances digestion\*

## What is MAGONATE?

MAGONATE is a magnesium supplement that can be used by children and adults to supplement or replace magnesium. MAGONATE Magnesium Supplement may be used for general supplementation and athletic use to help maintain normal dietary levels of magnesium that are depleted through exercising and every day tasks.



## MAGONATE® Mg Supplement and muscle pain.

Because MAGONATE is a ready to use liquid magnesium it gives easier and faster relief for those suffering from muscle pain. It allows for a quick comfort and immediate action\*. Magnesium may be used for general supplementation and athletic use to help maintain normal dietary levels of magnesium and to minimize fatigue and muscle cramping.



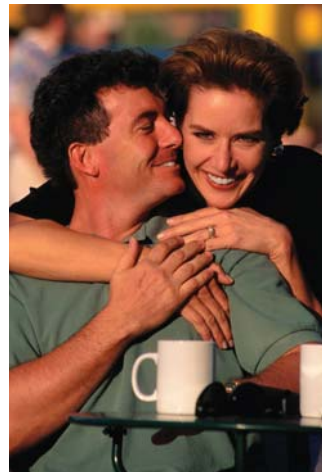
## Why do we need Magnesium?

Magnesium, a mineral, is used in building bones, manufacturing proteins, releasing energy from muscle storage, and regulating body temperature. Magnesium is the fourth most abundant mineral in the body and is essential to good health. Magnesium needs to be supplemented when a person has a poor diet, is on IV fluids, has malabsorption, has magnesium distribution problems, or is pregnant. Magnesium loss or inadequate magnesium levels can occur in a variety of situations including: loss due to stress, dieting or eating disorders, drug interactions, excessive vomiting, alcohol usage, perspiration during exercise, chronic diarrhea or chemotherapy.



## Do we get enough Magnesium?

"Studies have shown that only 39% of Americans receive the appropriate amount of magnesium as recommended by the RDA" (Mauskop et al., 1998). Therefore most healthy Americans need at least 350mg or as much as 450mg per day of supplemental Mg just to remain in a positive Mg balance. MAGONATE Magnesium Supplement is a great source of magnesium and helpful in replacing the depleted minerals we lose throughout the day. It is in a liquid form and easy to take when you're on the go.



## MAGONATE® Mg Supplement and migraines.

"Recently available evidence suggests that up to 50% of patients during an acute migraine attack have lowered levels of ionized magnesium. Infusion of magnesium results in a rapid and sustained relief of an acute migraine in such patients" (Lopez-Ridaura et al., 2004). Taking MAGONATE will

help to replenish the magnesium and restore the loss in magnesium levels and bring them back to a healthy balance.

## MAGONATE® Mg Supplement and diabetes.

Diabetes is a disease resulting in insufficient production and/or inefficient use of insulin. Insulin is a hormone made by the pancreas. Insulin helps convert sugar and starches in food into energy to sustain life. The conversion is known as glucose metabolism. Magnesium plays an important role in glucose metabolism. "Magnesium is a necessary cofactor for several enzymes that play an important role in glucose metabolism. Studies have shown that magnesium deficiency has a negative effect on the post-receptor signaling of insulin. Some short-term metabolic studies suggest that magnesium supplementation has a beneficial effect on insulin action and glucose metabolism" (Cleveland et al., 1994). Low levels of magnesium are frequently seen in individuals with type 2 diabetes. Because magnesium plays such a significant role in carbohydrate metabolism it is essential to maintain healthy levels of magnesium by remembering to take MAGONATE Mg Supplement daily.



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