

# Evolve Magnesium

**Evolve**  
WELLNESS

Educate. Empower. Evolve.

 **ESSENTIAL NUTRITION\***



## Product Overview\*

- Magnesium as Albion® Di-Magnesium Malate, Magnesium Citrate USP & Albion® Magnesium Bisglycinate Chelate
- Magnesium in chelate form for enhanced absorption
- Supports over 600 enzymatic reactions within the body
- 100% Vegetarian
- Excipient free formula
- 3rd party potency tested

## Product Summary\*

Magnesium is an essential mineral, playing a key role in over 600 enzymatic reactions within the human body.<sup>1</sup> Despite the critical role that magnesium plays in human health, data obtained from the 2006-2008 National Health and Nutrition Examination Survey (NHANES) indicates that greater than 50-66% of the American population fails to meet the daily dietary requirement.<sup>2</sup> Additionally, even in instances of adequate dietary intake, one can develop a clinical or subclinical magnesium deficiency related to a medication induced nutrient depletion.<sup>3</sup> These medications include but are not limited to: PPI's, bisphosphonates, diuretics, immunosuppressants and beta adrenergic agonists.

For this reason, Evolve Wellness brings you Evolve Magnesium which, per capsule, contains 250mg of magnesium per serving. Evolve Magnesium contains three reacted forms of magnesium to support absorption while minimizing GI distress.

## Target Market/Population\*

A wide range of individuals may benefit from consumption of Evolve Magnesium including those taking magnesium depleting medications as well as those looking to support overall wellness.

## Suggested Use

Evolve Wellness recommends consuming 2 capsules of Evolve Magnesium per day before bed or as recommended by a healthcare professional.

## The Science

### Cardiovascular Support\*

Magnesium plays a key role in blood pressure regulation through its influential role in the production and release of nitric oxide; a key signaling molecule responsible for smooth muscle relaxation and dilation of blood vessels.<sup>4</sup> Multiple studies suggest that magnesium supports healthy blood pressure levels as well as blood lipid levels in various populations.<sup>5-8</sup>

### Insulin Support\*

The body's ability to properly secrete and respond to insulin is reliant upon dietary magnesium.<sup>9</sup> Within the pancreas, low intracellular magnesium levels appear to disrupt beta cell function, leading to increased insulin release even in the absence of carbohydrates. In a study conducted by Rosolova et al, it was found that fasting insulin levels were >2x higher in those with the lowest vs. highest plasma magnesium levels.<sup>10</sup> Furthermore, research suggests that low intracellular magnesium

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decreases insulin sensitivity at peripheral tissue as well as promotes production of various pro-inflammatory molecules.<sup>9</sup>

The use of magnesium to support a normal insulin response has been noted in a variety of populations.<sup>11-13</sup> One meta-analysis, which reviewed data from 21 different trials, found that magnesium supplementation  $\geq$  4 months appeared most beneficial in supporting insulin balance.<sup>13</sup>

### Mood, Cognition and Brain Support\*

Within the brain, magnesium is essential for synapse formation and maintenance, membrane phospholipid synthesis as well as regulation of serotonergic, dopaminergic and cholinergic transmission.<sup>14</sup> Low dietary magnesium intakes have been associated with decreased mood and cognitive function.<sup>15-16</sup>

Additionally, in a 2016 randomized double blind study published in the journal Nutrition, it was found that supplementing with 500mg of magnesium per day improved mood in individuals with a magnesium deficiency.<sup>17</sup> Similarly, Tarleton et al. found that 250 mg of supplemental magnesium was able to improve mood in 112 study participants in their 2017 open label trial.<sup>18</sup>

### Sleep Support\*

Magnesium plays a key role in assisting a healthy sleep cycle through multiple mechanisms which promote sleep. Within the brain, magnesium acts as an antagonist to excitatory NMDA receptors within the brain, which, when fully activated prevent one from both falling as well as maintaining a normal, healthy sleep cycle.<sup>19</sup> When given to individuals experiencing insomnia, magnesium has been shown to improve one's sleep time, sleep efficiency, sleep onset latency and melatonin production.<sup>20</sup>

### Chelated Magnesium\*

Not all forms of magnesium are equal; when chelated with an organic acid, magnesium may be absorbed more efficiently.<sup>21-23</sup> For this reason Evolve Magnesium uses Albion® Di-Magnesium Malate, Magnesium Citrate USP & Albion® Magnesium Bisglycinate Chelate.

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## Supplement Facts

**Serving Size:** 2 Capsules

**Servings Per Container:** 90

	Amount Per Serving	%DV
Magnesium (as Albion® Di-Magnesium Malate, Magnesium Citrate USP, Albion® Magnesium Bisglycinate Chelate)	250mg	60%

Other Ingredients: Rice Flour, Vegetable Capsule (HPMC)



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