



MgUlti

AVAILABLE IN 120 CAPSULES

MgUlti is a superior multi-magnesium formulated with five of the highest quality and most clinically studied forms of magnesium to support deep restorative sleep whilst targeting stress, cellular energy, heart health and relaxing muscles. MgUlti combines magnesium critical for total body wellbeing with two digestive “activators” Ginger and Acacia to support optimal digestive function for the rapid absorption and utilisation of these important forms of magnesium.

INDICATIONS

- Sleeping challenges: light sleeping, waking in the night
- Easily woken by noise, unrefreshing sleep
- Snoring
- Muscle twitching – day and night
- Restless legs
- Muscle aches and tension
- Support for mood, worries and anxiety
- Low energy/ fatigue
- Stress management
- Headaches and migraines
- Ringing in ears
- Cardiovascular health
- Nervous system support
- Premenstrual cramps
- Hypertension
- Magnesium deficiency

INGREDIENTS

Ingredient	Per capsule	Per dose
Magnesium Amino Acid Chelate	200mg	800mg
Magnesium Aspartate	100mg	400mg
Magnesium Citrate	225mg	900mg
Magnesium Phosphate	72.5mg	290mg
Magnesium Orotate	37.5mg	150mg
Total Magnesium	635mg	2,540mg
Total Elemental Magnesium	100mg	400mg
Acacia Gum (Gum Arabic)	25mg	100mg
Ginger	7.5mg	30mg

COMPANION PRODUCTS

SleepDrops Practitioner Only Products: SleepDrops MAX and Liquid Magnesium
SleepDrops Premium Range: SleepDrops for Adults, SleepDrops Menopauzzz, SleepDrops Menzzz, SleepDrops for Kids, Daytime Revive.

FEATURES & BENEFITS

Feature	Benefit
Multi-magnesium	Five clinically proven magnesium forms supporting deep “slow brain wave” and restorative sleep, target stress, relax muscles, cellular energy and heart health.
Magnesium oxide free formula	Gentle on the digestive system.
Therapeutic doses of magnesium	Supports overall health and wellbeing with the required amount of elemental magnesium to correct nutritional deficiency.
Ginger and Acacia Gum for digestive support	Research shows that 76% of magnesium is absorbed in the gut. To support maximum magnesium absorption MgUlti also combines two digestive activators in the form of Ginger and Acacia (a prebiotic) to enhance digestive function.



DOSAGE INSTRUCTIONS

For best results, use for a minimum of one month or as directed by a healthcare professional.

Adult

4 capsules with water before bed

Children

Aged 9 – 13 year 2 capsules
Aged 4 – 8 year 1 capsule

Dosage for under 4 years of age should be at the discretion of health practitioner.

Capsules can be opened and mixed with food or drink.

Note: 1 capsule = 100mg elemental magnesium



MgUlti

AVAILABLE IN 120 CAPSULE BOTTLE

CAUTIONS & CONTRAINDICATIONS

Not recommended for use with heart block without a pacemaker.

Magnesium supplementation may decrease the absorption of some medications. Magnesium should be used 2 hours away from medications, such as tetracycline and quinolone antibiotics.

Magnesium supplementation can cause loose bowel movements. The threshold at which this may occur varies between people. If you feel uncomfortable please, lower the amount until bowel movements stabilise.

FREQUENTLY ASKED QUESTIONS

1. **What is Acacia gum?** Acacia gum is a prebiotic fibre that feeds the good bacteria in the digestive system, aiding in digestion of nutrients.
2. **Why is MgUlti better than other magnesium products available?** MgUlti is a multi-magnesium supplement with 5 different high-quality types that have been clinically proven to support total body wellbeing. It is the only multi-magnesium with digestive support to aid in maximum mineral absorption.
3. **Will MgUlti interfere with any medication?** No, however, just like all supplements we advise you take 2 hours away from any medication.
4. **Can I take during pregnancy and breastfeeding?** Yes
5. **Are there any adverse reactions?** Some magnesium supplements may cause loose bowels. MgUlti has been specifically formulated with digestive support to soothe the gut and aid in optimal digestion.