



Triple Magnesium Complex

- Enhances neuromuscular function, reducing muscle cramps, spasms, and post-exercise soreness
- Aids in migraine prevention and reduces frequency of tension headaches
- Contributes to bone mineralization and calcium metabolism, supporting skeletal health
- Promotes calm mood and restful sleep via GABA-modulating effects
- Facilitates regular bowel movements and relieves mild constipation (via magnesium oxide)
- Supports healthy blood pressure and cardiac rhythm stability

Three Forms - Complete Wellness

📍 Made in USA
by Vital Nutrients (as premix)



What Is Triple Magnesium Complex?

Triple Magnesium Complex is a high-quality magnesium supplement combining three distinct forms of magnesium (Magnesium Glycinate, DiMagnesium Malate, and Magnesium Oxide) to support cardiovascular, musculoskeletal, neurological, and metabolic health. Each serving delivers 500 mg of elemental magnesium, formulated for maximum absorption, minimal GI distress, and broad-spectrum efficacy.

Key Features & Usage Guidance

- Three synergistic forms for targeted physiological support
 - High bioavailability with minimal gastrointestinal side effects
 - Clinically relevant dosing: 500 mg magnesium/2 capsules
 - Gentle on the stomach, suitable for sensitive individuals
 - Backed by third-party testing for purity and potency. ¹
 - Vegan, non-GMO, gluten-free, and free from common allergens
- Packaging: 60 Vegan Capsules
 - Admin & Dosage: 2 Capsules daily with meal

American
Quality



Mechanism of Action

Magnesium Form	Dose(per 2 Caps)	MOA	Bioavailability	Primary Role
Magnesium Glycinate	100 mg	Chelated with glycine; absorbed via amino acid transporters; modulates GABA	High	Anxiety, sleep, mood, muscle cramps ²
DiMagnesium Malate (DiMag™)	200 mg	Combines Mg ²⁺ with malic acid; supports ATP via Krebs cycle	Moderate-High	Energy metabolism, fibromyalgia ³⁻⁶
Magnesium Oxide	200 mg	Dissociates in GI tract; osmotic laxative effect	Low	Constipation relief, high Mg content ³⁻⁴

Clinical Benefits & Indications

Indication	Supporting Form(s)	Evidence-Based Findings
Hypertension & AFib	Glycinate, Malate	Magnesium lowers BP and reduces AFib risk ³⁻⁵
Fibromyalgia & Chronic Fatigue	DiMagnesium Malate	Malic acid improves mitochondrial ATP production ³
Anxiety & Sleep Disorders	Magnesium Glycinate	RCTs show significant reduction in anxiety and improved sleep quality ²⁻⁷
Constipation & GI Regularity	Magnesium Oxide	Effective osmotic laxative; rapid onset ⁸
Migraine Prophylaxis	Magnesium Glycinate	Reduces frequency and severity of migraine episodes ⁹
Bone Density & Metabolic Support	All forms	Enhances calcium metabolism and enzymatic activity ¹⁰
pms and menstrual pain	All forms	Help reduce pain, anxiety and insomnia

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Exclusive representative of Vital Nutrients (USA) in Iran

Info & Reference

