

# #1 TIME-RELEASE MAGNESIUM SUPPLEMENT



## NOW AVAILABLE IN CANADA...

Mag w/SRT® and Mag w/SRT® B-FREE by Jigsaw Health, America's #1 Time-Release Magnesium Supplement\*\*, are now available in Canada.

## WHY CHOOSE MAG W/SRT®?

Mag w/SRT® and Mag w/SRT® B-FREE use Dimagnesium Malate, a chelated form of magnesium from Albion.

### Magnesium malate has numerous benefits, including:

- Binding to toxic metals, like aluminum, and rendering them ineffective.
- Aiding skin renewal for a youthful complexion.
- Supporting muscle performance and resilience  
Magnesium malate contains malic acid, which plays a vital role in the maintenance of the muscular system.
- Promoting the production of saliva to aid oral health.
- Playing a central role in the energy production cycle and maintaining healthy energy levels, by supplying the body with malic acid.

## WHAT IS SRT®?

The "SRT" in Magnesium w/SRT® stands for Sustained Release Technology, often referred to as "time-release". This technology is what sets Jigsaw's Magnesium w/SRT® apart from other magnesium supplements, and makes it superior in quality.

While other magnesium supplements deliver a high dose of magnesium all at once, SRT slows down the release of magnesium so it's spread out over 8 hours. This allows your body to slowly absorb as much magnesium as it needs, and avoid the dreaded digestive discomfort that other high-dose magnesium supplements can cause.



## Supplement Facts MAG SRT

Medicinal Ingredients per tablet:

Vitamin C (Ascorbyl palmitate)	2.5mg
Magnesium (Dimagnesium malate)	125mg
Vitamin B6 (Pyridoxal 5-phosphate)	1.25mg
Vitamin B12 (Methylcobalamin)	1.5mg
Folate (1-5 Methyltetrahydrofolic acid, glucosamine salts)	50mcg

## MAG SRT (B-FREE)

Medicinal Ingredients per tablet:

Vitamin C *(Ascorbyl palmitate)	2.5mg
Magnesium (Dimagnesium malate)	125mg

**Non-Medicinal Ingredients:** Microcrystalline cellulose, Croscarmellose sodium (plant-based insoluble fibers used to achieve Sustained Release Technology-SRT), Silicon dioxide, Microcrystalline wax, Hydroxypropylcellulose,

**Suggested Use:** Adults - two tablets twice daily with food or as directed by your healthcare provider.

## HOW CAN I ORDER?

Mag w/SRT® and Mag w/SRT® (B-Free) are distributed by **Promedics Nutraceutical**.

Call: **604-261-5057** or  
Email: **info@promedics.ca** or go  
online to **promedics.ca** to purchase.

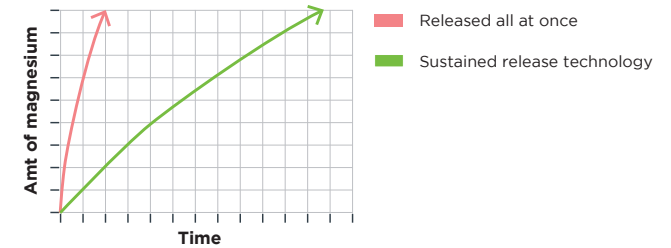


\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

\*\* Based off the number of 5-star reviews on Amazon.com.

# WHY MAGNESIUM SRT IS IMPORTANT

- Slow release technology allows the gradual release of magnesium, over a period of 8 hours.
- **Magnesium is used as a cofactor for over 300 biochemical reactions in the body.** Sadly, many of us are magnesium deficient. There are several examples of how we may arrive at this state, such as: stress, alcohol, coffee, and excess sugar consumption.
  - » Even some medications can drive down our MG levels.
  - » Fortified foods often create a significant ratio difference in favor of calcium.



## MAGNESIUM SUPPORT CROSS-REFERENCE GUIDE

MAGNESIUM TYPE	ELEMENTAL MAGNESIUM	BIO-AVAILABILITY	CELLULAR METABOLISM	KIDNEY FXN	ENERGIZING/RELAXING	GI HEALTH	PAIN	BRAIN INJURIES	MOOD	DETOXIFYING	OTHER NOTES
CHLORIDE	12%	> Mg Oxide	X	X						X	
CITRATE	16%	90%		KD stone prevtn		Relieves Constipation				Helps eliminate oxalates	Can interfere with ceruloplasmin; may lead to iron dysregulation; good for constipation
GLYCINATE	18%	80% Good Absorption		X	Relaxing (Insomnia)	Great for Leaky Gut	Nerve Pain		Depression		Helps to replete Mg stores
MALATE	Mg: 6.5% DiMg: 19%	-100%	X		Energizing (Increases ATP)		Muscle Pain				Great for fibromyalgia, busy people, or athletes; reduce blood glucose
OXIDE	60%	4%				Relieves Constipation GERD & Stomach Relief					Small doses during day; only for constipation to prevent significant laxative effect.
SULFATE (EPSOM)	10%	Variable									Small oral doses. Best as a bath
TAURATE	9%								Depression		Helpful in reducing risk of heart attack by 80%; insulin sensitivity
OROTATE	6.2%	Highest	Assists c/								Improves heart
ROTATE			Assists c/ DNA/RNA creation								Improves heart failure symptoms, reduces mortality by 25%

### CONSIDER A COMPARISON... How much magnesium am I really getting?

$$\text{mg powder in pill} \times \frac{\text{elemental \%}}{100} \times \frac{\text{bioavailability \%}}{100} = \text{actual mag you are getting}$$

**Example:** 500mg MAG oxide vs (500mg)  $\times \frac{(60\%)}{100} \times \frac{(4\%)}{100} = 12\text{g of magnesium}$

Jigsaw SRT uses 658mg per tablet to get 125mg of elemental magnesium per tablet.