



Make Life Better · newrootsherbal.com

## Could You Benefit from Active Mag?

- Do you want to take your workouts up a notch?
- Do you have a physically demanding job?
- Are you on your feet all day working and need a little boost at the end of your shift?
- Do you suffer from occasional muscle cramps when things get hectic?
- Do you feel the pressure surge as life's demands increase?
- Have you reached middle age and feel your stamina declining?

### Each vegetable capsule contains:

Taurine (2-aminoethanesulfonic acid).....	375 mg
Magnesium (from magnesium citrate).....	70 mg
Potassium (from potassium chloride).....	25 mg

### Other ingredients:

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

V0776-R1 · NPN 80082220

#3185 · 120 vegetable capsules

### Directions of use:

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner.

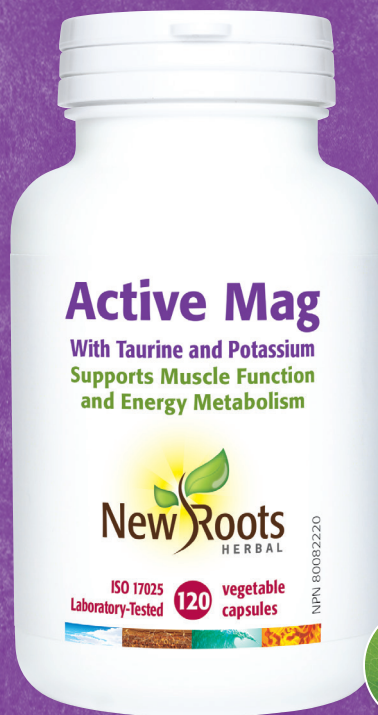
Manufactured under strict GMP (Good Manufacturing Practices).

HP3185



# Active Mag

## FUEL YOUR VITALITY



**All New Roots Herbal Products Are Tested in Our ISO 17025-Accredited Laboratory**



# Active Mag



## Invigorate Metabolism and Muscle Performance

Engaging in physical activity requires energy; but fulfilling the energy requirements for an active lifestyle extends beyond maintaining a well-balanced diet. Adequate levels of both magnesium and potassium are critical for cellular metabolism, the foundation for energy creation at the cellular level. **Active Mag** features magnesium, potassium, and the amino acid taurine, which supports cellular energy and cardiovascular function.

## A Synergistic Trio

Insufficient **taurine** levels can result in a reduction of adenine triphosphate (ATP) production, which serves as the primary energy currency within all cells, consequently influencing your overall energy levels.

Taurine is found in meat, fish, and dairy yet less plentifully in plant-based foods. Those of us following a vegan or vegetarian lifestyle may be more likely to be deficient. **Active Mag** contains a therapeutic dose of taurine.

**Magnesium** is an essential mineral with a multitude of functions, one of which is supporting the transport of potassium into cells, including heart cells, ensuring your heart keeps a steady rhythm.

**Potassium** plays a pivotal role in the functioning of nerve cells, muscle contraction, and the maintenance of regular heartbeat. Potassium also takes part in the transport of nutrients into cells and the removal of metabolic waste from the mitochondria, the cellular powerhouses. Acting in opposition to sodium, potassium helps counterbalance its harmful effects on blood pressure.

Choose **Active Mag** to complement your active lifestyle.

