

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Magnesium

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PRODUCT: Any product with 100 mg or more of magnesium per serving.

NUTRIENT AMOUNT: > 100 mg per serving

STRUCTURE/FUNCTION CLAIM:

Magnesium is required for activity of over 300 enzymes, stabilization of high-energy compounds (ATP and Creatine Phosphate), stabilization of cell membrane phospholipids, stabilization of nucleic acids (DNA and RNA), protein synthesis, amino acid metabolism, proper utilization of calcium, activity of some hormones.

REFERENCES:

1. Shils, M.E., Magnesium, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 164-185.
2. Lasserre, B. And J. Durlach, *Magnesium - A Relevant Ion*, John Libbey & Co., London, 1991.
3. Altura, B.M., J. Durlach, and M.S. Seelig, Eds., *Magnesium in Cellular Processes and Medicine*, Karger, Basel, 1985.

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