

# GADOGO

READY-TO-USE  
FORMULATION WITH  
MAGNESIUM CITRATE

## YOUR DAILY MG INTAKE IN A CONVENIENT FORM

**Magnesium is an essential mineral primarily found in the bones and muscle cells and contributes to many assets in the human body including:**

- + Support Muscle Recovery
- + Cardiovascular Health (Support)
- + Promotes well-being and relaxes the muscles
- + Retention of sturdy healthy bones and teeth
- + Healthy metabolism
- + Reduction of fatigue
- + Stabilize nervous system and mental health

There are different sources of Magnesium in various forms but based on literature it appears that the bioavailability of magnesium in an organic form, such as Magnesium Citrate, is higher than that of inorganic. While producing energy, our body converts carbohydrates into calories and produces citric acid. Due to this fact, Magnesium Citrate is recognized as part of our body system and provides one of the most suitable mineral vehicles to achieve absorption.

## RECOMMENDED USE

Pour the contents of one sachet directly onto your tongue. The powder dissolves within seconds and can be swallowed without liquid.

One sachet contains 350mg of Magnesium<sup>2</sup> which is the average RDA.



**JUST OPEN THE STICK,  
POP IT IN YOUR MOUTH  
AND GO!**

## **SCIENTIFIC REFERENCES**

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3. Ancient Minerals. Magnesium Deficiency. LL Magnetic Clay; 2010.
4. Rude RK. Magnesium. In: Ross AC, Caballero B, Cousins RJ, Tucker KL, Ziegler TR, eds. Modern Nutrition in Health and Disease. 11th ed. Baltimore, Mass: Lippincott Williams & Wilkins; 2012:159-75.
5. Magnesium Fact Sheet for Health Professionals, <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/#h3>
6. Bioavailability of Magnesium Salts – A Review Ragnar Rylander, Journal of Pharmacy and Nutrition Sciences, 2014, 4, 57-59
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