

Children's Magnesium Care

Herbs of Gold Children's Magnesium Care contains organically bound forms of magnesium that are well absorbed in the body. Children's Magnesium Care supports healthy nervous system function and a healthy stress response in the body in children.

Each chewable tablet contains:	
Magnesium amino acid chelate equiv. magnesium.....	50mg
Magnesium citrate equiv. magnesium.....	30mg
TOTAL ELEMENTAL MAGNESIUM 80mg	

Does not contain egg, milk, peanut, soy, tree nuts, animal products, gluten, lactose or artificial colours, flavours, sweeteners or preservatives.



60 chewable tablets



DIRECTIONS FOR USE

Children 4–8 years – Chew 1 tablet daily.

Children 9–12 years – Chew 1 tablet once or twice daily.

Or take as directed by your health professional.

FEATURES & BENEFITS

- ✓ Great tasting strawberry–vanilla flavour
- ✓ Organically bound forms of magnesium for easy absorption
- ✓ Maintains bone health in children
- ✓ Supports nervous system health in children
- ✓ Chewable tablet for easy compliance
- ✓ Supports muscle health in children
- ✓ With tooth friendly xylitol

TECHNICAL INFORMATION

- Children's Magnesium Care contains organically bound forms of magnesium with high bioavailability in the body.
 - Magnesium is an essential nutrient for over 300 enzymatic processes in the body, required for DNA replication, energy production, muscle contraction and relaxation, cardiac rhythm, vascular tone, DNA and RNA synthesis, carbohydrate, protein and fat metabolism, bone formation, cell signalling, neurological function and brain function.
 - Magnesium is found in green leafy vegetables, nuts, seeds, whole grains and cacao. Today's farming and agricultural practices have led to a decline in the magnesium content in foods, with estimates that magnesium content has decreased by as much as 80–90% in vegetables such as lettuce and spinach¹.
 - Fussy eating habits, food allergies or food intolerances can mean a child isn't obtaining the recommended intake of magnesium each day.
 - Children's Magnesium Care contains a therapeutic dose of 80mg of elemental magnesium per chewable tablet, helping to boost a child's magnesium intake in order to meet recommended daily intakes.
 - Children's Magnesium Care contains tooth friendly xylitol. Xylitol is a natural sweetener found mainly in fibrous fruits and vegetables. While sugar has a glycaemic index of 100, xylitol has a glycaemic index of 7, so it has a negligible effect on blood sugar levels. Xylitol is alkalising which creates an unfriendly environment for bacteria detrimental to tooth enamel.
 - Children's Magnesium Care is suitable for children aged 4 years and up and can be used to support energy production, muscle, bone and nervous system health in growing children.
- ### Energy production
- Children's Magnesium Care supports energy production in children. Magnesium is involved in the metabolism of carbohydrates and fats to produce energy and is critical for the manufacture of adenosine triphosphate (ATP) within cells.
 - Between the age of three years old and middle adolescence, the body uses approximately 1% to 2% of energy requirements for growth alone.
- ### Nervous system health
- Children's Magnesium Care supports healthy nervous system function. Magnesium is required for nerve conduction, modulating the hypothalamic pituitary adrenal axis and reducing the release of adrenalin and noradrenalin, supporting a healthy stress response in the body.
- Several studies have assessed serum magnesium levels in children displaying a range of symptoms including hyperactivity, disruptive behaviour, restlessness and difficulty focusing. In one such study, magnesium deficiency was found in 95% of children examined².
- ### Muscle health
- Children's Magnesium Care supports muscle health and muscle contraction function in children.
 - About 50% to 60% of all magnesium in the body is found in the skeleton, while the remainder is found in soft tissue, primarily muscle.
 - It is estimated that between 25% to 40% of normally developing children experience the discomfort associated with cramping, particularly in the legs during periods of rapid growth. Leg muscle cramping occurs as bones grow and skeletal alignment is altered, requiring the muscles to grow, stretch and accommodate to bodily changes, putting extra force on muscle fibres.
 - Adequate levels of magnesium can assist with cellular functioning and the relaxation of smooth muscle in periods of rapid growth.
- ### Cardiovascular system health
- Magnesium helps maintain cardiovascular system health and heart health. It is essential for cardiac muscle contraction and production of energy within the heart muscle.
 - Magnesium plays a role in the active transport of calcium and potassium ions across cell membranes, which is essential for nerve impulse conduction, muscle contraction and normal heart rhythm. It is also essential for the contractility of vascular smooth muscle cells in the arterial wall and influences endothelial function, thereby influencing vasodilation and vasoconstriction.
- ### Bone health
- Magnesium supports bone health and assists in the development and maintenance of bones and teeth. Up to 60% of total body magnesium stores resides in bone, binding at the surface of the hydroxyapatite crystals. Magnesium in bones serves as a reservoir of magnesium, which can be released from bone to maintain physiological extracellular concentrations when magnesium intake is low.
 - In a study of 63 healthy children aged 4 to 8 years, an isotope study of magnesium absorption measured bone mineral content in each of the subjects. Results showed the amount of magnesium consumed and absorbed were key predictors of the level of bone in children, even more so than calcium³.

¹ Gröber, U. (2019). Magnesium and drugs. *International Journal of Molecular Sciences*, 20(9), 2094.

² Kozielec, T., & Starobrat-Hermelin, B. (1997). Assessment of magnesium levels in children [...]. *Magnes Res*, 10(2), 143–148.

³ Abrams, S. A., Chen, Z., & Hawthorne K. M. (2014). Magnesium may be as important to kid's bone health as calcium. *Journal of Bone and Mineral Research*, 29(1).

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Healthy teeth

- Children's Magnesium Care supports healthy teeth in children.
- Magnesium, along with adequate calcium, plays a role in the formation and maintenance of healthy teeth assisting in the formation of hard tooth enamel which is resistant to decay.

DRUG INTERACTIONS

- Caution with aminoglycoside antibiotics (e.g. gentamicin) - both it and magnesium affect muscle function, potentially leading to muscle weakness and side effects. Co-administration should be avoided.
- Caution with quinolone and tetracycline antibiotics - magnesium forms insoluble complexes with drugs, decreasing drug absorption. Take drug 2 hours before or 6 hours after magnesium.
- Caution with bisphosphonates - magnesium can form complexes with drug and reduce absorption. Separate dose by 2 hours.
- Caution with potassium-sparing diuretics - these drugs also have magnesium-sparing properties which could, theoretically, lead to increased magnesium levels. Monitor.
- Caution with skeletal muscle relaxants - magnesium can potentiate effects.

CAUTIONS

- High dose magnesium is contraindicated in individuals with compromised renal function and heart block.
- Dose may be too high for children under 4 years of age. Tablets can be halved and dosed appropriately for younger children.

SIDE EFFECTS

- Magnesium can cause gastrointestinal irritation, nausea and diarrhoea at high doses and in sensitive individuals.

COMPANION PRODUCTS

- Children's Calci Care
- Children's Fish-i Care
- Children's Immune Care
- Children's Multi Care