

Nutra-Life Magnesium Complete

Guidelines for athletes

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Studies have shown that athletes who incorporate trace mineral supplements in their diet may improve performance. Experts believe that minerals such as Selenium, Zinc, Magnesium, Manganese and Calcium are important to physiological functions of the immune system, heart and muscles.

It is safe to have modest supplementation using a quality product like [Nutra-Life Magnesium Complete](#). For the athlete, or person doing heavy physical labour, this benefit is most likely to be seen as:

- Stronger muscle contractions
- Resistance to cramping
- Improved endurance
- Improved circulation
- Faster recovery and less post exercise muscle soreness
- Relaxed nerves and clearer mind

These benefits assume that the athlete had less than the physiologic optimum of magnesium in the first place. In my experience, the athletes most likely to show benefits of magnesium supplementation are older ones who have been exercising and competing for many years and who appear to be grinding to a halt (often attributed to getting old!) and for adolescent males who are growing fast while generally eating poorly.

Any benefit from magnesium supplementation will be most obvious when doing continuous endurance exercise, like running or cycling that goes for longer than 1-2 hours. If there is no deficiency, then benefits are less measurable.

Here is how you can assess your needs:

- Pick an endurance workout that you can do consistently to the point of exhaustion (hitting the wall) – the point when you begin to ache all over, when the working muscles begin to falter and when your mind begins to wander and you are wondering “why am I doing this?” This usually happens between one and three hours, depending on fitness and the type of exercise.
- Without eating anything during the workout, repeat this 3-4 times over a few weeks and take careful note of how long you go before hitting the wall each time. Do not supplement yet, if you have not already been doing this in training.
- Then commence taking [Nutra-Life Magnesium Complete](#). Read the labels of all the supplements you are taking and take sufficient total supplementary magnesium so that you are getting between 600-800mg spread over each day.
- After about 5 days, repeat the endurance workout and take careful note of when you hit the wall.
- Continue to repeat this workout over a few weeks. If you note a consistent and significant performance increment that is greater than can be attributed to the fitness training alone, then you can assume that there has been a benefit from the magnesium supplementation.
- Continue supplementing up to 800mg/day magnesium for three months to build stores in muscles, organs and bones.

For ongoing supplementation (After 3 months):

Purchase Nutra-Life Calcium Complete or Nutra-Life Phyto Calcium (If you are a post-menopausal woman) and take as per the label. Take additional magnesium (Up to 800mg/day) in the form of Nutra-Life Magnesium Complete for a few days before an exhausting event like a marathon.

Note: [Nutra-Life Super Calcium Complete](#), a combination of Calcium plus 250mg Magnesium with other cofactors may provide additional benefits to taking magnesium alone over the long term, because calcium, along with several other trace minerals and Vitamin D in this formulation, is essential for healthy functioning of the muscles and other body systems, including the bones.

And please note that there is no benefit from taking more than what is recommended.

ALWAYS READ THE LABEL. USE AS DIRECTED. IF SYMPTOMS PERSIST CONSULT A HEALTHCARE PROFESSIONAL

Mineral Supplements May Give Athletes an Edge

Athletes may improve their performance by incorporating trace mineral supplements in their diet. In fact, this strategy could turn out to be a legal, healthy, and perfectly acceptable alternative to doping and perhaps even give Danish athletes an advantage in international competition, the chief coach for the Danish Elite Athletes told Reuters Health.

Some experts claim that deficiencies in minerals such as selenium, zinc, magnesium, manganese, and calcium are detrimental to basic physiological functions of the heart, muscles, and immune system, Coach Lars Nielsen said. "Team Denmark, the self-governing institution of elite sport in this country, places great emphasis on optimal guidelines for nutrition, but the idea of supplementing minerals is new," he added.

To test the potential of mineral supplementation, a small group of top-level Danish athletes have volunteered for a pilot study, in which blood samples will be analyzed for mineral content three times a year. As soon as the first blood samples have been analyzed, each athlete will be given a custom-made regimen of supplements.

"Top-notch athletes often exert themselves to the point where their bodies are depleted of natural substances like magnesium, zinc, or calcium. If you compare such athletes with normal individuals, who are not as active, you will find that the athletes have enormous nutrient requirements and may therefore easily run into shortages," Dr. Knut Flytlie, a Scandinavian expert in nutrition, pointed out in an interview with Reuters Health. He is conducting the pilot study in collaboration with The Danish Athletic Federation and Nielsen.

Dr. Flytlie commented that the first benefits of the mineral intervention should be apparent when the World Games are held in Edmonton, Canada, next year.

