

# Magnesium Malate Chelate



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In this formula some of the magnesium is bound to malic acid and the rest is chelated to the amino acid glycine (low molecular weight and is ideal for both chelating and absorbing magnesium).

## MALIC ACID

Malic acid is a naturally occurring compound found in a wide variety of fruits and vegetables, the richest source being apples, which is why malic acid is sometimes referred to as "apple acid." Remember the saying: "An apple a day keeps the doctor away"? Apples also contain polyphenols. Malic acid helps to make energy. It plays a role in the complex process of deriving adenosine triphosphate (ATP; the energy currency that runs the body) from food. Research shows that malic acid combined with magnesium may relieve symptoms of fibromyalgia.<sup>1</sup>

## RESEARCH ABSTRACT

### ■ Treatment of fibromyalgia syndrome with Super Malic: a randomized, double blind, placebo controlled, crossover pilot study.

*J Rheumatol. 1995 May;22(5):953-8. Related Articles, Links, Russell IJ, Michalek JE, Flechas JD, Abraham GE.*

**OBJECTIVE:** To study the efficacy and safety of Super Malic, a proprietary tablet containing malic acid (200 mg) and magnesium (50 mg), in treatment of primary fibromyalgia syndrome (FM). **METHODS.** Twenty-four sequential patients with primary FM were randomized to a fixed dose (3 tablets bid), placebo controlled, 4-week/course, pilot trial followed by a 6-month, open label, dose escalation (up to 6 tablets bid) trial. A 2-week, medication free, washout period was required before receiving treatment, between blinded courses, and again before starting open label treatment. The 3 primary outcome variables were measures of pain and tenderness but functional and psychological measures were also assessed. **RESULTS.** No clear treatment effect attributable to Super Malic was seen in the blinded, fixed low dose trial. With dose escalation and a longer duration of treatment in the open label trial, significant reductions in the severity of all 3 primary pain/tenderness measures were obtained without limiting risks. **CONCLUSIONS.** These data suggest that Super Malic is safe and may be beneficial in the treatment of patients with FM. Future placebo-controlled studies should utilize up to 6 tablets of Super Malic bid and continue therapy for at least 2 months.

## REFERENCES

1. Abraham G, Flechas J. Management of fibromyalgia: rationale for the use of magnesium and malic acid. *J Nutr Med* 1992;3:49-59.

## Supplement Facts

Serving Size 2 tablets

Servings Per Container 60

Amount Per Serving	% Daily Value	
Magnesium	500 mg	130%
(as Di-Magnesium Malate, TRAACS® Magnesium Glycinate Chelate Buffered)		

**Other Ingredients:** Microcrystalline cellulose, croscarmellose, stearates (vegetable source).