



A Break- through in the Battle Against Aluminum Build-Up

ALUMINUM has been the focus of much negative attention lately— numerous studies have indicated that aluminum accumulates in the body, especially in nerve tissues, potentially causing harm. Recently, scientific researchers have discovered that one compound may have the powerful effect of diminishing this unwanted aluminum accumulation. On the cutting edge of nutrition science, Source Naturals is one of the first companies to introduce this powerfully protective compound:

MAGNESIUM MALATE.



SOURCE NATURALS™

MAGNESIUM MALATE

SOURCE  **NATURALS™**
Strategies for Wellness™

THE DANGERS OF ALUMINUM

Aluminum is a naturally occurring metal. It has been the subject of recent studies on aging, and some scientists consider it to be harmful. It may come as a surprise that aluminum can be found in a wide variety of foods and manufactured products, such as baking powder, non-dairy creamers, antacids, deodorants, cookware, and food containers. Even tap water contains aluminum. With so many possible avenues for ingesting aluminum, we may be consuming more than nature originally intended. Mounting evidence that aluminum tends to accumulate in the body is even more cause for alarm. Unfortunately, there are no overt warning signs of excess aluminum accumulation, until levels become high enough to have adverse effects on health.

THE ALUMINUM-MAGNESIUM LINK

Researchers have suggested that aluminum may be more likely to accumulate in the brains of persons whose diets are Magnesium-deficient — which, unfortunately, includes 90% of Americans! Several studies have shown that animals fed diets low in Magnesium accumulate high concentrations of aluminum in the Central Nervous System. One of Magnesium's many functions is to activate the enzyme tubulin involved in the maintenance of nerve tissue cells. It has been suggested that when there is not enough Magnesium in the body to plug into the appropriate receptor site on the tubulin enzyme, aluminum takes its place instead. This leads to the inactivation of tubulin and, consequently, inadequate nerve function. Because a Magnesium-deficient diet may increase the amount of aluminum taken up and stored by the body, it is vitally important that we take in sufficient amounts.

MAGNESIUM MALATE — A ONE-TWO PUNCH

MAGNESIUM MALATE supplies a one-two punch in combating excess aluminum accumulation. In addition to providing 45% of the U.S. R.D.A. for Magnesium, MAGNESIUM MALATE also supplies Malic

Acid. Found abundantly in fruits such as apples, Malic Acid is also produced in the human body. It is a metabolite of the Krebs cycle, the set of biochemical reactions used to produce 90% of all energy in the cells of the body. Malic Acid readily crosses the Blood-Brain-Barrier and has been shown to bind to aluminum. It functions in the body by drawing aluminum away from the tubulin enzyme, so that Magnesium can plug into the receptor sites instead. Malic Acid's unique ability to bind with aluminum means it can be flushed out of the body, preventing unwanted build-up.

THE PRO-ACTIVE APPROACH

With all of the negative evidence mounting against aluminum, educated consumers will want to take precautions in order to maintain their health and well being. Of course, the best way to avoid excess aluminum is to cut back on aluminum intake from known sources. Use only stainless steel or cast iron cookware, and look for aluminum-free antacids and deodorants. Always use filtered or spring water for drinking and cooking. And for those who want to take a pro-active approach, adding MAGNESIUM MALATE to your supplement regimen may be your best bet in depleting unwanted aluminum build-up in the body.

References

1. Mitani, K. 1992 "Relationship between...aluminum load...and magnesium status." *Magnesium Research* 5(3):203-13
2. Yoshida, S. 1991 "Environmental factors in western Pacific foci...role of Aluminum(Al)..." *Rinsho Shinkeigaku* 31(12):1310-2

3. Costello, RB.; Moser-Veillon, PB. 1992 "A review of magnesium intake..." *Magnesium Research* 5(1):61-7
4. Yasui, M; Yase, Y; Ota, K; Garruto, RM. 1991 "Aluminum deposition... from the Kii Peninsula of Japan." *Neurotoxicology* 12(3):615-20

SOURCE



NATURALS™

Strategies for Wellness™