growing up® magnesium

Daily Magnesium for Kids Ages 1+

Our Science-First Approach

Growing Up® Magnesium combines two bioavailable forms of magnesium (glycinate + citrate) with potassium, Actazin® green-kiwifruit powder, and agave inulin, supporting hydration, digestion, and mineral intake in kids ages 1+.[1-7] Every ingredient is backed by published clinical data for safety and tolerability.

Why Minerals and Prebiotics Matter for Kids

- Magnesium supports 300+ enzyme reactions involved in energy production, nerve signaling, and muscle function.[12]
- Potassium is flagged as a nutrient of public health concern in the 2020—2025 Dietary Guidelines; most U.S. children ages 1—6 fall short of recommended intake, with magnesium inadequacy more common in older kids.[6-9,11]
- Both minerals support nerve and muscle function, hydration, and digestive health.[1-4, 6-11]
- Prebiotic fiber (e.g., inulin) supports softer stools, regular bowel movements, and digestive comfort.[12-18]
- Together, minerals and prebiotics support hydration, electrolyte balance, and digestive wellness in kids ages 1+.

Clinically Supported Nutrition

Growing Up® Magnesium can be used daily alongside standard pediatric care as a nutrition-based complement to add minerals (magnesium, potassium, sodium) and prebiotic fiber for digestive comfort over time.

What Growing Up® Magnesium Is Not a Substitute For

- Medication, laxatives, or prescribed treatment
- Medical or electrolyte replacement therapy

packaged in the USA ★★★★★

3 real fruits

2x Mg forms

2g prebiotic fiber

begin HEALTH

Our Ingredient Philosophy

We believe good health starts in purposeful ingredients.

Every ingredient in Growing Up® Magnesium was selected based on current published research, safety In children, and its individual role in supporting both mineral intake and digestive health.

- **Clinically studied ingredients:** Demonstrated safety and efficacy in children.
- **GRAS ingredients:** All components meet safety and regulatory standards.
- **Allergen control:** Made in a facility with strict allergen management, tested to California Prop 65 limits.
- **No artificial sweeteners, flavors, or fillers:** Only ingredients that serve a purpose.

Product Design Objectives

- Science-backed ingredients for efficacy and safety
- Mineral electrolytes + prebiotics for synergistic gut health
- Tolerable for kids 1+, with flexible dosing by age

Flavor: Pink Lemonade



FOR PROFESSIONAL USE ONLY.

Ingredient Spotlight

Magnesium (Glycinate + Citrate)

Two chelated forms of magnesium known for high absorption and gentle digestion.[1-5]

Functions:

- Supports neuromuscular and cardiovascular function, muscle contraction, and cellular energy production.[1-4]
- Gentle, bioavailable, and suitable for daily use in children.[5]
- Adequate intake supports growth, hydration, and nerve function; low intake is linked to fatigue and irritability.[1-2]

Actazin® Green Kiwifruit Powder

Whole-fruit powder from green kiwifruits. Actazin® is a GRAS-recognized ingredient used to support gut health.[12-18]

Functions:

- Improves stool consistency, bowel frequency, and abdominal comfort in clinical studies.[13-16,18]
- Provides natural digestive enzymes and fiber to support healthy motility.[12-15]
- Contributes polyphenols and antioxidants that support gut barrier function.[12,14]

Potassium

An essential intracellular electrolyte that regulates hydration, muscle function, and nerve transmission.[6,10,11]

Functions:

- Works synergistically with magnesium to maintain electrolyte and fluid balance.[6,10,11]
- Supports healthy blood pressure and muscle performance.[6,10]
- Helps replenish minerals lost through sweat or diet; more than half of U.S. toddlers fall below recommended intakes.[7-9]

Agave Inulin (Prebiotic Fiber)

Inulin-type fructans from Agave plant that act as selective prebiotics for beneficial gut bacteria.[17-19,21,22]

Functions:

- Nourishes Bifidobacterium and Lactobacillus species to support a balanced microbiome.[17-19]
- Enhances short-chain fatty acid (SCFA) production for gut and immune health.[17-19]
- Helps soften stools and promote digestive comfort.[21-22]

Ages 1–3	**Magnesium (Glycinate + Citrate):**	
	Potassium:	
	Actazin® Green Kiwifruit Powder:	
	Agave Inulin (Prebiotic Fiber):	
Ages 4+	**Magnesium (Glycinate + Citrate):**	
	Potassium:	
	Actazin® Green Kiwifruit Powder:	
	Agave Inulin (Prebiotic Fiber):	

Safety & Tolerability

- Clinically studied forms of magnesium (glycinate and citrate) have been shown to be well tolerated in both children and adults.[1-3]
- Formulated below the tolerable upper intake level (UL) for supplemental magnesium in children.[4]
- Includes GRAS-recognized ingredients (agave inulin and Actazin® kiwifruit powder) that support digestive health and stool consistency.[12-17]

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

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