

Magnesium is critical in over 300 processes that occur in the body, but long-term studies show that more than 70% of people are deficient!

Common Symptoms of Magnesium Deficiency:

- Trouble Sleeping
- Inability to relax body & mind
- Osteoporosis
- Frequent headaches/migraines
- Muscle cramps & twitching
- Fatigue & muscle weakness
- Depression & anxiety
- High blood pressure
- Irregular heartbeat

Common Causes of Magnesium Deficiency:

- Foods no longer contain the magnesium our bodies need
- Aging
- Poor diet & eating disorders
- Malabsorption
- Pregnancy
- Chronic stress
- Chronic diarrhea
- Excessive sweating
- Certain medications

Magnesium, in its biologically active, ionic form, combined with fulvic acid offers superior absorption and lightning-fast cellular delivery! All without the common digestive discomfort found with other magnesium supplements. *

Magnesium is one of the MOST important minerals we can supplement with!

Natural Energy Production

Magnesium promotes the enzyme activity involved in energy production. Adenosine triphosphate (ATP) is an essential coenzyme involved in energy and metabolism, but ATP must bind with ionic magnesium to be biologically active.

Cardiovascular System

When magnesium and calcium levels are balanced, our hearts are able to expand and contract appropriately. This balance also helps prevent coronary artery calcification and, thereby, atherosclerosis. Adequate magnesium also allows our arteries to relax and expand which

arteries to relax and expand which helps counter high blood pressure.

Nervous System

Our nervous system sends electrical impulses (messages) from muscles to the brain and from the brain to muscles, but this system depends on having adequate magnesium in ionic form available to send these messages correctly.

Mood Balance & Mental Heath

Magnesium is important in brain functions and mood management. One study published in the Journal of the American Board of Family Medicine analyzed over 8,800 people and found that people under age 65 with the lowest magnesium intake had a 22% higher risk of depression.



Serving Size: 1 dropper bulb squeeze = 1 ml

Servings Per Container: 120

| | Amount per dropper (ml) | %DV |
|--|-------------------------|-------|
| | Amount per dropper (m) | 700 1 |
| Ionic Magnesium (elemental) | 50 mgs | 12% |
| Fulvic Minerals Super Concentrate | >10% | * |
| %DV based on a 2,000 calorie per day diet *Daily Value not established. | | |

MAG0522



Check with your healthcare practitioner or supplement provider to purchase.

*These statements have not been approved by the Food and Drug Administration. This product is a dietary supplement and not intended to diagnose, treat, cure, or prevent any disease.