



Health Matters

by
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As many as 85% of us are thought to be deficient in magnesium, a mineral involved in the function of nearly every cell of our bodies, especially those in our muscles and nerves. Inadequate levels of magnesium can contribute to muscle pain, cramps, fatigue, anxiety and insomnia.

Magnesium is known for its naturally calming effect, by which it can help relieve chronic muscle aches and pains, particularly those associated with fibromyalgia, TMJ, migraine headaches and leg cramps. Also effective in soothing the nervous system, it can improve energy levels, quality of sleep and those anxious "stressed-out" feelings.

Topical application of **Magnesium Gel** provides maximum absorption through the skin directly into affected tissues, which alleviates potential bowel irritation common to many. It's an easy, effective means of calming your kids when they're a little too frisky and to help relax and fall asleep at night, simply apply to the bottom of the feet.

As always, we guarantee your satisfaction.

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