



Health Matters

by
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Feeling overly stressed, anxious and tired can be the result of low magnesium levels. Researchers say that over 85% of Americans suffer from a significant magnesium deficiency, especially when stressed. So, it's really no surprise that so many of us have increased fatigue, insomnia and anxiety.

Natural Calm is a highly absorbable form of magnesium, an essential mineral that regulates over 350 different biochemical processes in our bodies. Necessary for the cellular production of energy, relaxation of the muscles and calming of the nervous system, the magnesium from **Natural Calm** can be very beneficial for those with stress-related symptoms.

A convenient instant powdered drink mix of easily assimilated, quick-acting magnesium citrate, **Natural Calm** is safe and effective for all ages, even calming over-active kids, anyone not sleeping well and/or those with leg cramps.

As always, we guarantee your satisfaction.

Locally owned for 35 years

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