



Health Matters

by
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Dozens of clinical trials worldwide have documented that as many as 75% of us are deficient in the mineral magnesium. Scientists confirm that this mineral deficiency is linked to an increased prevalence of heart disease, muscle weakness, insomnia, anxiety, depression and fatigue.

The need for magnesium can be easily depleted since it's used in more than 300 of our body's biochemical responses. Therefore, we need to replenish our supply daily for normal functioning of our hearts, brains, muscles and nerves. It's difficult to get an adequate supply through our diets, since our overly-processed foods don't provide nearly enough.

Specific forms of supplemental magnesium are generally found to be poorly absorbed and often can cause intestinal upset. **Liquid Magnesium Citrate** is more easily absorbed and less likely to cause gut distress. It's also quick-acting for relieving muscle cramps, calming anxiety and improving sleep, all of which affect millions of us every day.

As always, we guarantee your satisfaction.

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