



Health Matters

by
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It's estimated that eight out of ten of us have inadequate levels of magnesium, a mineral involved in the function of nearly every cell of our bodies, especially those in our muscles and nerves. A deficiency of magnesium contributes to muscle pain, cramps, fatigue, anxiety and insomnia.

Magnesium is known for its naturally relaxing 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 quality of sleep and lessen feelings of anxiety.

Topical application of **Magnesium Gel** provides maximum absorption through the skin directly into affected tissues, which potentially helps avoid bowel irritation common to many. It's an easy, effective means to calm your kids when they're a little too frisky. 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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