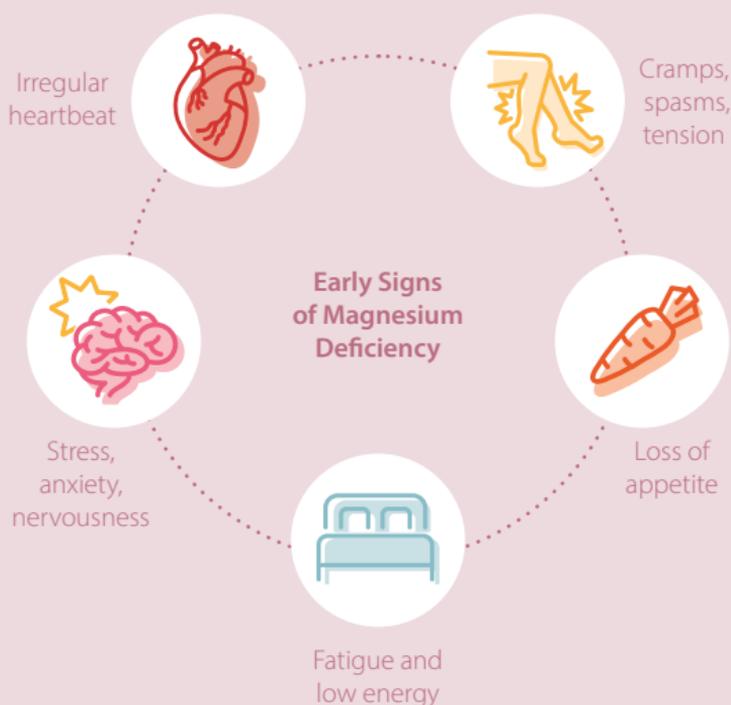


Magnesium

Why everyone needs magnesium.



Are you missing magnesium?



Most diets are deficient in magnesium

Magnesium is found in a wide range of foods, especially green vegetables, grains, nuts, legumes, and chocolate. However, the bad news is that it can be difficult to get an adequate supply of magnesium from your diet.

Out of the Australians adults tested by CSIRO



do not receive the Recommended Daily Intake (RDI) of magnesium.

To magnify this, modern lifestyles actually increase your daily magnesium requirements significantly. For example, stress or a high consumption of tea, coffee and alcohol can deplete magnesium levels. Exercise can also increase your magnesium requirements.

Choosing the right magnesium combination for the right condition

Magnesium can be combined with other important nutrients to help get you feeling healthy and energetic again. For example:



For stress, anxiety or nervousness

Under stress, the body may become more acidic. For optimal stress management, a more alkaline state is beneficial. Higher levels of magnesium combined with the alkalising mineral, potassium citrate, may assist lowering stress levels and may help shift the balance back in favour of a healthy alkaline state.



For fatigue and low energy

Magnesium bisglycinate combined with Acetyl-L-carnitine is a superior formula that may help relieve fatigue and low energy. Acetyl-L-carnitine is used in cellular energy production and may be helpful in improving the symptoms of physical and mental fatigue.



For a healthier heart

To support the health of the heart and cardiovascular system, what you may need is a synergistic combination of magnesium and taurine. Taurine is the most abundant amino acid in the heart and may support normal, healthy blood pressure, especially during times of stress.



For muscle cramps and spasms

Magnesium combined with B vitamins and malic acid can help relieve muscle cramps, as well as helping manage the symptoms of fibromyalgia.

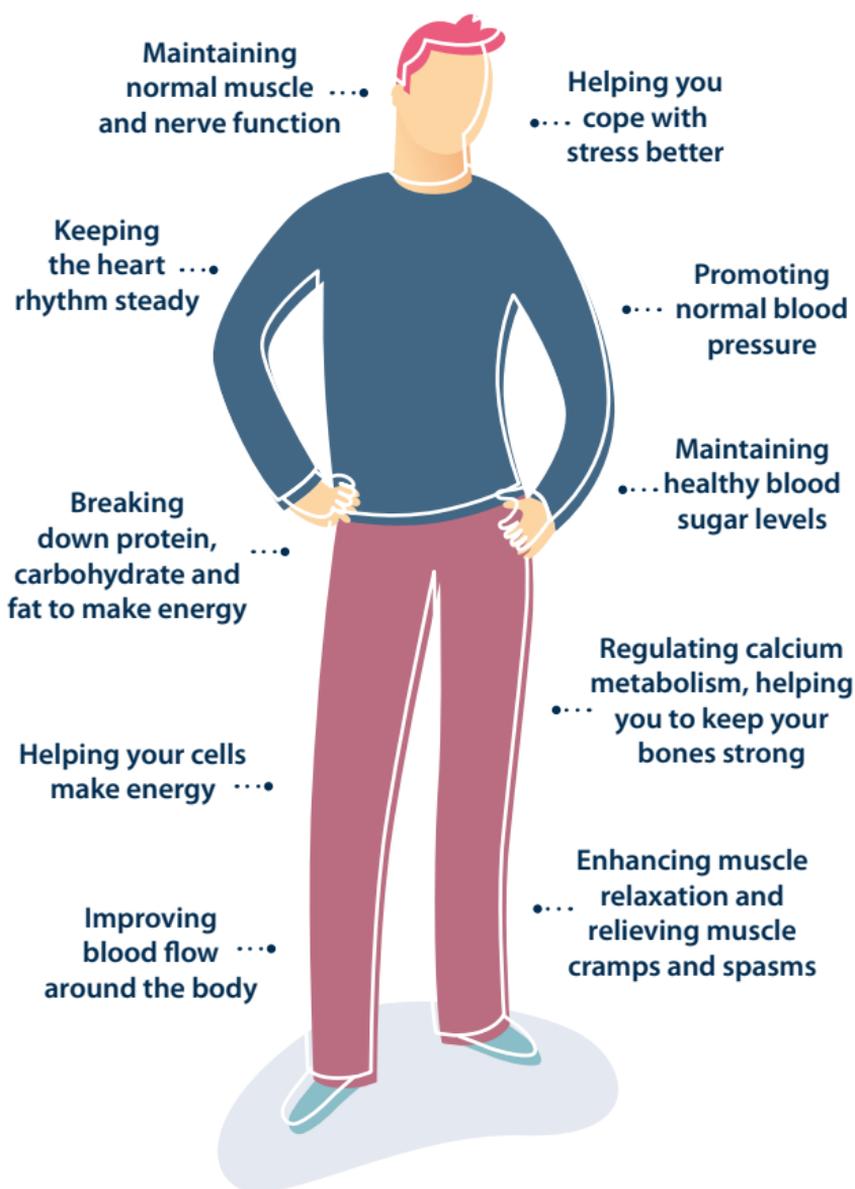


For athletes and anyone who exercises regularly

If you need support for athletic performance and post-exercise recovery, your Practitioner may recommend a physiologically balanced, magnesium-rich electrolyte formula that is combined with carbohydrates for energy.

Magnesium – an essential mineral for maintaining health and vitality

Magnesium is required for more than **300** biochemical reactions in the body!



Everyone needs magnesium – some more than others

Many conditions can benefit from magnesium supplementation, these include:

- Tiredness, lethargy and fatigue – not having enough energy to get through the day
- Muscle cramping and spasms
- Tension headaches and migraines
- Stress, anxiety, panic disorders and insomnia
- Premenstrual syndrome (PMS)
- Osteoporosis
- High blood pressure
- Fibromyalgia
- Chronic fatigue syndrome

The best form of magnesium

A common side effect of some forms of magnesium, including supplements or sports drinks, can be digestive symptoms. Some magnesium forms break up (dissociate) to release free magnesium that attracts water in the digestive system. This can cause digestive discomfort, like diarrhoea, which reduces absorption of magnesium - meaning less product benefits.

Meta Mag® is a highly absorbable form of magnesium that navigates the digestive system with ease for utilisation by cells. This helps your body make energy in order to support your health needs while avoiding unpleasant digestive side effects. Meta Mag® is the ideal choice for getting the best results when it comes to choosing an absorbable form of magnesium.

Your Healthcare Practitioner can advise you on the right magnesium supplement for you. If you think you might be magnesium deficient, talk to your Practitioner today!



Genetic Potential Through Nutrition

**For more information, ask your Practitioner
about the right magnesium supplement for you.**

The supplements selected for you in this clinic have been prescribed for your specific health needs. Products purchased elsewhere may not provide similar results.

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