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MAGnificent

WHAT IT IS:

- Specially chelated magnesium for maximum effectiveness

WHY YOU NEED IT:

Magnesium helps patients with:

- Fatigue
- Fibromyalgia
- Muscle spasm
- Mood disorders
- Insomnia
- Asthma
- Heart disease
- Palpitations
- High Blood Pressure
- Diabetes
- Headaches
- Kidney stones
- PMS
- Pregnancy
- Restless Legs
- Constipation
- Osteoporosis
- Substance withdrawal

HOW IT HELPS:

It surprises most people that magnesium is more abundant than calcium in the body. Magnesium is essential for life and is involved in over 300 enzyme systems.

Despite the critical importance of magnesium, the diet of most Americans is deficient in magnesium. Magnesium rich foods include whole grains, nuts, legumes, dark green vegetables, fish, and meats. There are also a number of prescription medications that deplete the body of magnesium and these drugs include some antibiotics, laxatives, water pills, and some asthma medications.

MAGnificent contain magnesium-potassium-aspartate which is one of the most effective forms of magnesium. It is a supplement I take daily, and have done so for many years.