

# MAY



# 2022

## 9

## IMPORTANT MAGNESIUM BENEFITS

### 1

#### RELIEVES MUSCLE ACHES AND SPASMS

Magnesium is used to create “energy” in your body by activating adenosine triphosphate, also known as ATP. This helps your body regulate energy levels and keep moving!

### 2

#### REGULATES LEVELS OF CALCIUM AND POTASSIUM

Magnesium is vital for GABA function, an inhibitory neurotransmitter that produces “happy hormones” like serotonin. Hormones regulated by magnesium are crucial for calming the brain and promoting relaxation.

### 3

#### HELPS YOU FALL ASLEEP & TREATS INSOMNIA

Magnesium supplements can help quiet a racing mind, relax your muscles, and help your heart rate, making it easier to get good restful night’s sleep.

### 4

#### HELPS WITH DIGESTION BY RELIEVING CONSTIPATION

Magnesium helps to relax muscles within the digestive tract, including the intestinal wall, plus it neutralizes stomach acid and helps move stool through the intestines.

### 5

#### RELIEVES MUSCLE ACHES AND SPASMS

Magnesium has an important role in neuro-muscular signals and muscle contractions. When you don’t acquire enough magnesium your muscles can go into spasm. Magnesium helps muscles to relax and contract and also enables you to move around.

### 6

#### REGULATES LEVELS OF CALCIUM AND POTASSIUM

Magnesium plays a role in the active transport of calcium and potassium ions across cell membranes— which helps nerve impulse conduction, muscle contractions, and normal heart rhythms. Magnesium, together with calcium, contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione.

### 7

#### IMPORTANT FOR HEART HEALTH

Magnesium is very important for heart health. The highest amount of magnesium within the whole body is within the heart, specifically within the heart’s left ventricle. Magnesium works with calcium to support proper blood pressure levels and prevent hypertension.

### 8

#### PREVENTS MIGRAINE HEADACHE

Because magnesium is involved in neurotransmitter function and circulation, it can help control migraine headache pain by releasing pain-reducing hormones and reducing vasoconstriction, on constriction of the blood vessels that raises blood pressure.

### 9

#### HELPS PREVENT OSTEOPOROSIS

Magnesium is needed for proper bone formation, influences the activities of osteoblasts and osteoclasts that build healthy density, and can help women prevent or reverse osteoporosis.

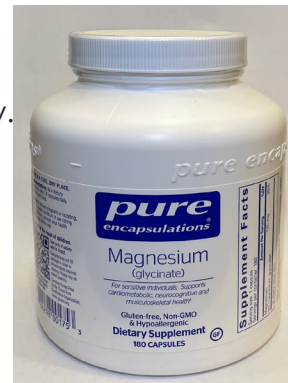
# SO WHICH MAGNESIUM IS RIGHT FOR YOU?

WE HAVE DIFFERENT TYPES OF MAGNESIUM AT OUR CLINIC...

## MAGNESIUM GLYCINATE

The name alone explains what this supplement is. It's a combination of glycine and magnesium; hence, named magnesium glycinate. Sometimes, it is called magnesium biglycinate. Among magnesium supplements, magnesium glycinate is the most popular, even with 10 kinds of magnesium. It has a high bioavailability. In other words, the body easily tolerates and absorbs it more effectively.

Therefore, you can expect to get better and faster results. Primarily, this form of supplement combines with an amino acid known as glycine. The glycine works together with many other chemicals such as GABA in your brain or neurotransmitters to create the feeling of calm. This type of magnesium is also extremely effective for muscle relaxation, stress relief, and sleep improvements. Moreover, glycine can enhance a healthy cardiovascular rhythm.



## MAGNESIUM CITRATE

Magnesium citrate has similar benefits to magnesium glycinate. However, it also has certain key differences which makes it unique from the other types of magnesium, such as:

- When citric acid and magnesium combine, they form magnesium citrate. Again, it is another popular form of supplement for your health needs.
- The reason behind its popularity is that it is easily available in most health and grocery stores.
- It is widely recommended for constipation or irregular bowel movements. Additionally, it can also help relieve symptoms of stress, anxiety, and insomnia.

Since magnesium has a positive effect on the nervous system, it can also improve your mood swings or depression.



## CALCIUM-MAGNESIUM MALATE

Calcium Magnesium Malate is formulated for healthy bones and muscles. The magnesium causes muscle fibers to relax and calcium causes them to contract. The two work together as an important combination for muscle cells and are both important for normal heart rhythm. Studies show that a daily supplementation of a well-absorbed form of calcium promotes bone mass. Magnesium is involved in more than 600 of the enzymatic reactions in the body making it crucial for body function.

Benefits:

- Designed with minerals the body can absorb optimally
- Supports bone and muscle health
- Supports lung health

