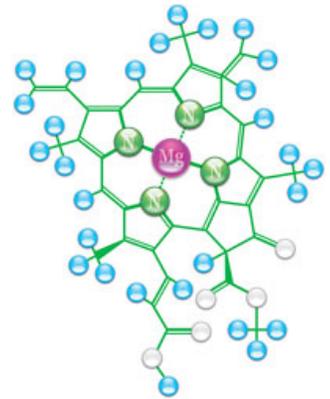
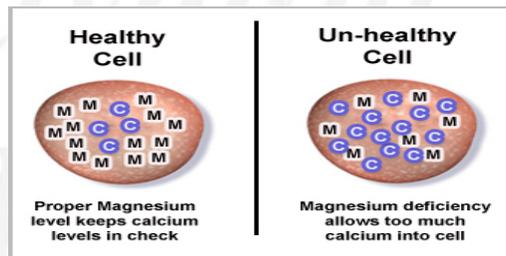


“Minerals for Health” Magnesium

Are you having symptoms like anxiety, weakness, low energy, fatigue, inability to sleep, irritability, nervousness, headaches, muscle tensions and spasms, weak bones, PMS and hormonal imbalance? Magnesium deficiency can lead to such symptoms.

Magnesium is the second most abundant element inside human cells and the fourth most abundant positively charged ion in the human body. Magnesium ions regulate over 300 biochemical reactions in the body through their role as enzyme co-factors. Its presence is crucial to:

- Glucose and fat breakdown and ATP production
- Production of proteins, enzymes and antioxidants such as glutathione
- Creation of DNA and RNA
- Regulation of cholesterol production. Magnesium helps maintain normal muscle and nerve function,
- Keeps heart rhythm steady, supports a healthy immune system, and keeps **bones** strong.
- Magnesium also helps regulate blood sugar levels, promotes normal blood pressure.
- It is known to be involved in energy metabolism and protein synthesis.



Magnesium is the central element in chlorophyll and the basis of early life on the planet

1-Mineral salt forms of magnesium supplements include: Magnesium Bicarbonate, Magnesium Carbonate, Magnesium Chloride, Magnesium Hydroxide, Magnesium Oxide, Magnesium Phosphate, Magnesium Sulfate

2-“Organic salts” of Magnesium

These forms of supplements represent acids bonded with magnesium, typically in a laboratory environment, to form a complex between magnesium and a compound of hydrogen, oxygen and sometimes carbon and nitrogen, known by chemists as an “organic compound”. These types of magnesium are often referred to as “organic salts” of magnesium as they are organic in the manner defined by a laboratory chemist, not in the manner defined in agriculture. They include:

-Magnesium-L-Threonate

-Magnesium Ascorbate, Magnesium Glutamate

-Magnesium Lactate

-**Magnesium Malate** (Mg Taurate, Mg Glycinate, Mg Malate in combination)

-Magnesium Aspartate

-Magnesium Citrate, Magnesium Fumarate,

-Magnesium Gluconate Magnesium

(Prepared by Zahida Chaudhary, MD)

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