



HEALTHREACH

Magnesium

Bioavailable Effervescent Powder

Magnesium is Vital for Good Health

Magnesium plays a vital role in over 300 different functions within the body. For example, Magnesium helps your muscles and nerves function properly, it keeps your heart rhythm steady, it supports a healthy immune system and also assists in keeping your bones strong.

This essential mineral also helps to regulate blood sugar levels, promotes normal blood pressure and is required to convert the food we eat into energy.

We need 375mg of Magnesium every day but the average Western diet provides only half of this amount.

Why is Magnesium Deficiency in the Diet so Common?

There are many reasons why dietary deficiency of Magnesium is so widespread in modern times compared to times past. Depleted soil conditions mean that plants (and meat from animals that feed on these plants) are lower in Magnesium. For example, the Magnesium content in vegetables has seen declines from 25-40% in the past 50 years and typical grain refining processes for bread and pasta remove 80-95% of total Magnesium.

Common substances that many of us consume daily, like caffeine, sugar and fizzy drinks also deplete the body's Magnesium levels.

Stress is another factor that reduces Magnesium levels in the body.

Why is HealthReach Magnesium Powder Best?

HealthReach Magnesium Powder is a unique proprietary formulation of Magnesium Carbonate and Citric Acid which, when mixed with water, combine to form Magnesium Citrate in an ionic ratio of 1:1 for optimal absorption and bioavailability.

Bioavailability means that the Magnesium is easily absorbed by the body. Ionic means that the Magnesium is separated in the water solution in a way that makes it highly bioavailable.

For these reasons, HealthReach Magnesium Powder is well absorbed to provide the maximum health benefits of this essential mineral – unlike many other Magnesium supplements that are not well absorbed in the body.

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Helping you to help your body, the natural way!

