

Magnesium

.....

Essential for health and vitality.



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 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 improve 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 healthy blood pressure, especially during times of stress.



For muscle cramps and spasms

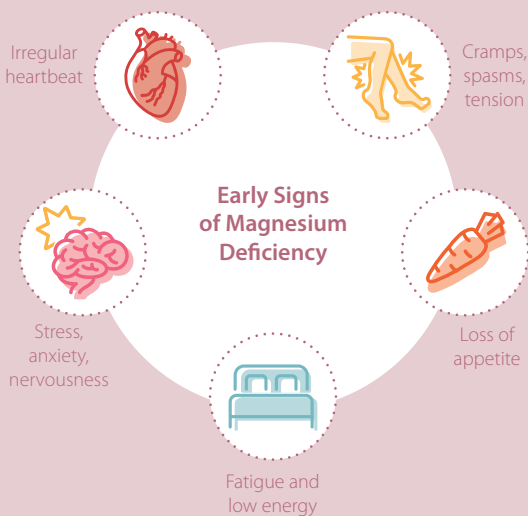
Magnesium combined with B vitamins can alleviate muscle cramps, as well as help manage the symptoms of fibromyalgia.



For sleep issues or disturbed sleep

Combining magnesium with other key ingredients such as lutein, zeaxanthin and Sensoril™ Ashwagandha, supports healthy sleeping patterns and improves sleep quality.

Are you missing magnesium?



Most diets are deficient in magnesium. Did you know?



do not meet the recommended daily intake (RDI) of magnesium.*

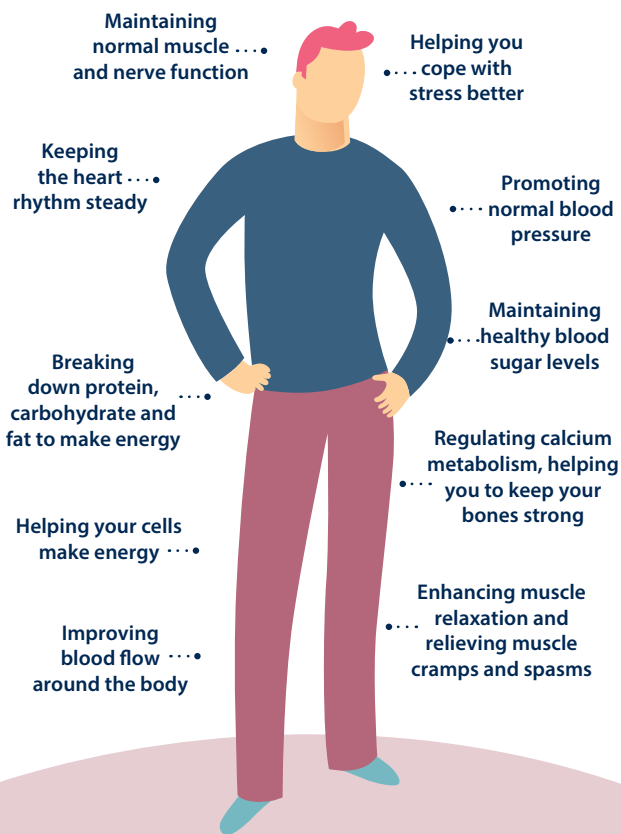
To magnify this, modern lifestyles increase your daily magnesium requirements significantly. For example, stress, or a high consumption of tea, coffee and alcohol can deplete magnesium levels. Exercise can also increase your magnesium requirements.

*Australian adults tested by CSIRO

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 the absorption of magnesium.

Meta Mag® is a highly absorbable form of magnesium that navigates the digestive system with ease for utilisation by cells, without the unpleasant digestive side effects. Meta Mag® is the ideal choice for getting the best results when it comes to choosing a form of magnesium.

PracPharm.

Powered By **Matakana
Pharmacy**

www.matakanapharmacy.com | PracPharm | admin@matakanapharmacy.com | 09 422 9785



Find out more
about certified
B corporations here

