

Are you at **RISK** for a Magnesium Deficiency?

Do You Have Any of These Tell-Tale Signs of Magnesium Deficiency?

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|-----------------------|-------------------|---------------------|-----------------|
| Low Energy | Fatigue | Hormonal Imbalances | Irritability |
| Insomnia | Migraine Headache | Tension | Muscle Weakness |
| Difficulty Swallowing | Tremors | Cramps | Nausea |
| Calcium Deficiency | | | |

What is Magnesium?

Among the most important minerals, magnesium is essential to your overall wellbeing. It's an abundant mineral that plays a role in more than 300 enzymatic reactions that affect organ and tissue function.

An adequate dietary intake of magnesium assists with:

- Calcium Storage and Release
- Healthy Nervous System Function
- The Formation of Healthy Bones and Teeth
- Protein and Fatty Acids
- Activating B Vitamins
- Muscle Activity
- Relaxing Blood Vessels
- Clotting Blood
- Temperature Regulation
- Energy Production

Unfortunately, our food supply, traditionally a good source of magnesium, may be lacking in this necessary mineral.

The chelated form of magnesium in Naka's Magnesium Bisglycinate is the most bioavailable form of this micronutrient, with rates of absorption in excess of 200 percent higher than other forms such as magnesium chloride.

Magnesium bisglycinate, as an amino acid chelate, is highly bioavailable. The bisglycinate form is not dependent on stomach acid for absorption as it uses mechanisms similar to those used by amino acids.

Why You're Deficient in Magnesium

Magnesium deficiency is becoming very prevalent in North America due to an absence of magnesium in processed foods (synthetic magnesium doesn't count as the body cannot absorb it). For those who eat a more balanced, whole-food diet, magnesium deficiency is often still a problem. This is because industrial farming techniques have stripped a large majority of magnesium from agricultural soil.

Other risk factors for magnesium deficiency include:

Prescription Medications

Antacids

Excessive, long-term use of antacids, especially proton-pump inhibitors, has been shown to contribute to magnesium deficiency.

Cardiac drugs

Cardiac drugs like digitalis, digoxin (Lanoxin), Qunidex, and Cordarone often cause vitamin and mineral malabsorption, which can result in multiple nutrient deficiencies.

Diuretics

Edercrin, Lasix, mannitol, and thiazides (with names commonly ending in -zide) have been shown to contribute to magnesium deficiency.

Hormone pills

Birth control pills and estrogen replacement therapy has also been shown to contribute to magnesium deficiency.

Insulin

Magnesium deficiency has long been associated with insulin resistance. Ironically, insulin medications may further deplete your body's natural magnesium stores.

Antibiotics

Garamycin, tobramycin (Nebcin), carbenicillin, ticarcillin, amphotericin B and antibiotics of the tetracycline class can contribute to magnesium deficiency.

Cortisone

Hydrocortisone used for inflammatory and other chronic conditions can contribute to magnesium deficiency. Ironically, many chronic inflammatory conditions have been shown to be significantly relieved by magnesium intake.

Anti-Psychotic Medications

Anti-psychotic medications such as Pimozide (Orap), Mellaril, and Stelazine have been shown to interfere with magnesium absorption.

Important Note: When taking a magnesium supplement, wait 1-2 hours after taking any prescription medication to avoid interference with absorption.

Alcohol or Drug Addiction



Alcohol and drug addiction can cause complications such as liver disease, vomiting, and diarrhea that reduce body levels of magnesium. Also, alcohol and drug addiction often leads to secondary nutrient deficiencies and malabsorption.

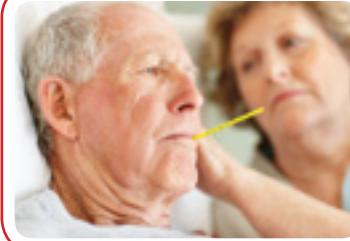
Digestive Disorders

Digestive disorders such as celiac disease, crohn's disease, and ulcerative colitis can interfere with magnesium absorption due to malabsorption of nutrients and chronic diarrhea.

Aging

As you age, stomach acids are reduced, which can result in magnesium deficiency due to nutrient malabsorption.

Illness and Stress



Prolonged illness such as liver disease and hormonal imbalances can cause magnesium deficiency. Surgery, burns, and even severe emotional trauma can also deplete your natural magnesium stores.

Conditions Associated with Magnesium Deficiency

These conditions are often associated with magnesium deficiency and can be easily misdiagnosed or overlooked by conventional medicine:

Asthma

Magnesium deficiency has been shown to contribute to the development of asthma, especially in young children. Magnesium supplementation can halt this progress by improving nervous system function and acting as an anti-inflammatory.



Depression

Low magnesium levels lead to low serotonin levels, which can contribute to the development of depression. According to studies, diabetics are especially vulnerable to magnesium-deficient depression.

Diabetes

According to a study published in Diabetic Journal, serum magnesium levels are much lower in children with diabetes, leading to speculation that there is a strong link between diabetes and magnesium deficiency.

Fibromyalgia

The pain and discomfort of fibromyalgia have been shown to result from an excessive release of the neurotransmitter acetylcholine (Ach). Magnesium supplementation is well-known for its ability to inhibit this release.



Heart Failure

New research has suggested and low magnesium levels are a stronger indicator of heart failure than blood cholesterol levels. Low magnesium levels have been shown to result in high blood pressure, arterial plaque build-up, soft tissue calcification, and arteriosclerosis.

Migraines

Clinical and experimental studies have shown that up to 50 percent of migraine headache sufferers often have low magnesium stores. According to two double-blind studies, regular oral magnesium supplementation has been shown to reduce the frequency of migraine headaches.

PMS

Clinical studies have shown that regular magnesium supplementation can ease the irritability associated with pre-menstrual syndrome. Magnesium has also been shown to reduce bloating and water retention.



Osteoporosis

Without magnesium, calcium intake can actually be harmful to your health. Magnesium is necessary to keep calcium dissolved in your blood. Without a 1:1 balance of magnesium to calcium, calcium can end up accumulating in your kidneys, resulting in kidney stones; in your arteries, resulting in a clog; or in your joint cartilage, which can lead to pain.

Restless Legs Syndrome

Dopaminergic drugs are a common conventional treatment for restless legs syndrome. Unfortunately, this isn't always the best approach as side effects and rebound symptoms greatly deter the effectiveness of this method. According to a German study, regular magnesium therapy has been shown to reduce the symptoms of mild-to-moderate RLS and RLS-related insomnia.

Preeclampsia

Preeclampsia is characterized by a sharp rise in blood pressure during the third trimester of pregnancy. Magnesium has been used to effectively treat this condition for much of the 20th century.



Food Sources of Magnesium

The more whole foods you eat, the less risk you'll have of dietary-related magnesium deficiency. Foods highest in magnesium include spinach, flax, sesame, squash, pumpkin, bran products (rice, wheat, oat), dark chocolate, tofu, and cashews, almonds and pine nuts, wild-caught fish, lentils, avocado, and dried figs.

Even if you are steadfastly loyal to a well-balanced diet comprised of the foods mentioned above, you may still require a supplement to help you meet your daily requirements.

Why?

Our foods have fewer nutrients than they did decades ago since farming soils have become so depleted.

Supplementing with Magnesium Bisglycinate by Naka Herbs & Vitamins as part of a healthy lifestyle can support a variety of health problems ranging from musculoskeletal health, relieving leg cramps, fatigue, and restless leg syndrome to premenstrual symptoms, stress

management, sleeplessness, nervousness, blood pressure, endurance, and stamina.

Each serving of Naka's Magnesium Bisglycinate is delivered in an easy-to-swallow veggie capsule containing 200 mg of magnesium in its elemental form.

The Essentials of Supplementing with Magnesium Bisglycinate

- ✓ Enables faster, more efficient absorption and more usable magnesium for your body's needs.
- ✓ Helps to maintain proper muscle function.
- ✓ Helps in the development and maintenance of bones and teeth.
- ✓ Helps in tissue formation and helps the body to metabolize carbohydrates, fats and proteins.
- ✓ A factor in the maintenance of good health.
- ✓ Does not contain starch, corn, wheat, soy, nuts, dairy, eggs, fish, shellfish, yeast or animal products.
- ✓ High dose magnesium bisglycinate does not cause diarrhea.

When you add Naka's Magnesium Bisglycinate to your diet, you'll notice a large difference in both your physical and mental well-being. Aches and pains you'd almost gotten used to will melt away and you'll experience your best health in years!



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RISK!

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Fatigue Irritability

Nervousness

Hormonal Imbalances Low Energy

Sleeplessness Migraine Headaches

Muscle Weakness, Tension and Cramps

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These are a few of the dizzying array of symptoms commonly associated with a magnesium deficiency. They are far too common. Although subtle at times, symptoms left unchecked and ignored can lead to chronic deficiency and produce long-term health issues.

Rediscover the essential mineral for optimal health

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