

MAGNESIUM 'MAGIC'

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**Lose Weight, Sleep Better,
and Boost Your Mood easily**



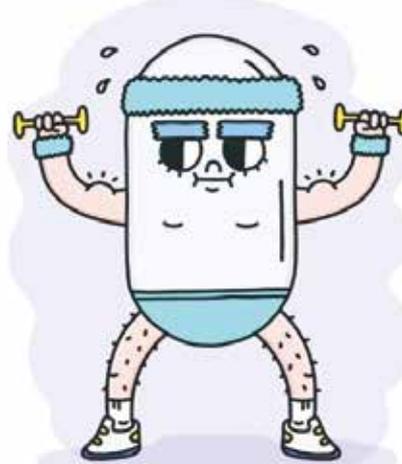
Magnesium is required for over 300 reactions in your body. It affects the way your whole body functions. Many who show very obvious signs of magnesium deficiency quickly feel impressive effects after we correct the problem.

When this simple nutrient deficiency is corrected, the benefits are felt very quickly!



Imagine not struggling with your weight, sleeping better at night, and feeling happier after increasing your magnesium intake through food or supplementation.

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When you aren't getting enough ***it can throw your whole body off.***
This can leave you:

STRUGGLING TO MAINTAIN WEIGHT



SLEEP THROUGH THE NIGHT



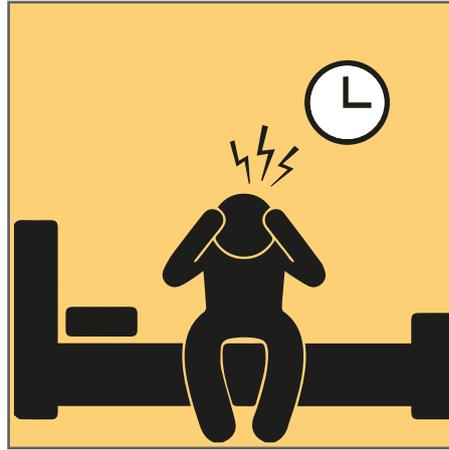
FEELING ANXIOUS AND DEPRESSED.



THE MOST COMMON SYMPTOMS OF MAGNESIUM DEFICIENCY



UNEXPLAINED WEIGHT GAIN OR
DIFFICULTY KEEPING WEIGHT OFF



DIFFICULTY FALLING ASLEEP,
STAYING ASLEEP OR BOTH



IRRITABILITY OR
MOOD SWINGS



DEPRESSION



ANXIETY



NERVOUSNESS



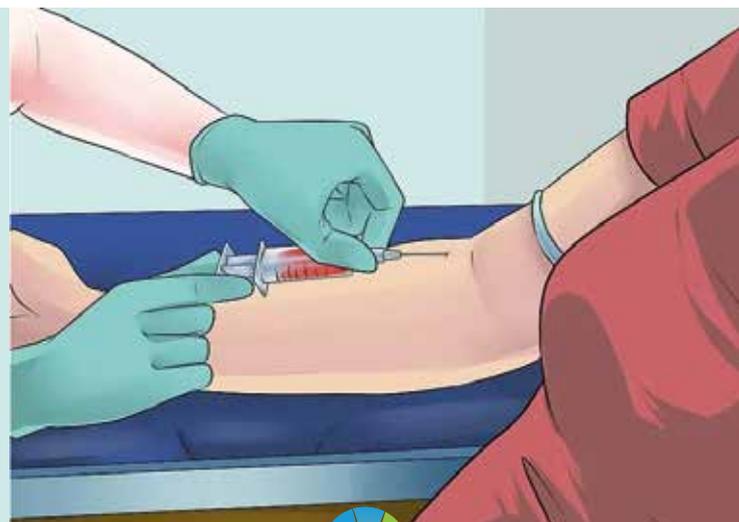
DAYTIME TIREDNESS

Low level symptoms can be widespread and confusing, or not severe enough to know something's wrong.

This is why its important to have regular blood tests to watch your levels of all nutrients now your diet is so restricted, and your absorption is affected by the surgery.

A simple blood test with your dietitian or doctor can tell you what important nutrients you're missing.

Adequate magnesium is likely a solution to many people's frustrating health problems. Let's look at how increasing magnesium intake could improve your weight loss, sleep, and mood.





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Magnesium helps **WEIGHT LOSS**

Here's a closer look at how magnesium affects your ability to maintain a healthy weight:

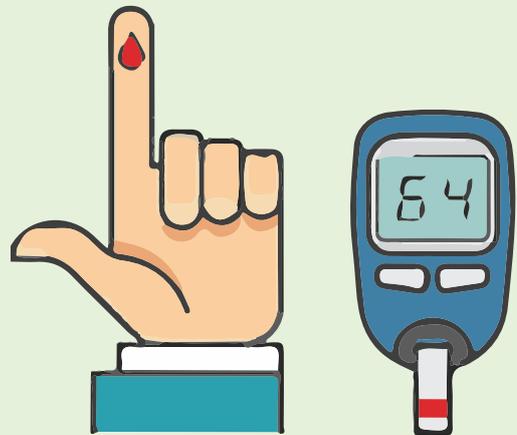
MAGNESIUM CITRATE HELPS YOU LOSE WATER AND STOOL WEIGHT

Magnesium citrate is used as a stool softener to keep you regular. More importantly, it can help maintain healthy magnesium levels if you're deficient, which improves hormone balance and **increases energy production**.



LOWERS INSULIN RESISTANCE

Magnesium has been shown in numerous studies to reduce insulin resistance. When your body becomes resistant to insulin it can't keep up with the increased glucose in the bloodstream. This leads to weight gain, fatigue and other health complications.



BOOSTS CELLULAR ENERGY

Magnesium is critical in the process that makes cellular energy within your mitochondria. Your cells have an energy currency called ATP that gives them the life they need to complete daily tasks. When you don't have enough magnesium it **lowers your ATP production**, which makes you tired and lowers your metabolism.



MAGNESIUM HELPS YOU SLEEP BETTER

If you struggle with getting to sleep at night or staying asleep, it's quite possible you have a magnesium deficiency (iron deficiency will leave you restless too)

MAGNESIUM HELPS YOU SLEEP BECAUSE IT IMPACTS:

YOUR CIRCADIAN RHYTHM



Keeping you on schedule and releasing the right hormones at the right time of day.

HORMONE BALANCE



Magnesium balances hormones associated with sleep such as melatonin and GABA

SLEEP QUALITY



Magnesium helps you stay asleep throughout the night. Studies have found that magnesium before bed can help you sleep throughout the night and when you're magnesium deficient it impairs your sleep quality by making you restless.

Magnesium deficiency can also keep you awake with racing thoughts because it's known to cause nervousness and anxiety.

MAGNESIUM IMPROVES YOUR MOOD

Many studies have linked magnesium deficiency to an increased risk of depression and anxiety.

A review of 8,894 American adults found that low magnesium levels increased the risk of depression by 22 percent.

Additionally, research has found that adding magnesium supplementation assisted those on anti-depressant medication

Magnesium directly impacts your neurotransmitters and hormones associated with stress, including cortisol, GABA, and melatonin. ***Studies have even found magnesium to be effective in reducing panic attacks.***

Due to its impact on the brain and nervous system, magnesium supplements are powerful and effective for influencing your mood.



Introducing

MAGNESIUM EXCEL POWDER WATERMELON

High-strength magnesium glycinate with nutritional co-factors and coconut water to support healthy muscle function

Specially formulated to support healthy metabolism, mood, sleep and stress.

Oriental Botanicals Magnesium Excel Powder is gentle on the stomach and more readily bioavailable than some other forms of magnesium.



FEATURES AND BENEFITS

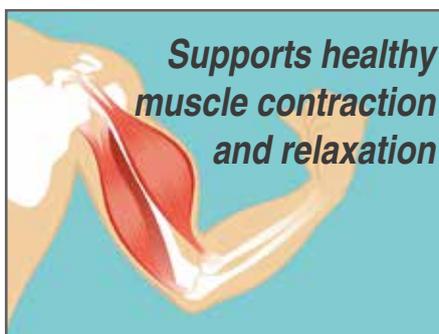
Now available in delicious watermelon or NEW lemon-lime zing flavours, both naturally sweetened with thaumatin

Specially formulated to meet the needs of athletes and active people, who typically have greater magnesium requirements than others

Mixes with water or juice and is easy to add to your water bottle or smoothie



Includes OptiChel MG (magnesium glycinate), which has a superior bioavailability profile to some other forms of magnesium



Supports healthy muscle contraction and relaxation

Also provides nutritional co-factors, including the amino acids L-carnitine, taurine and glutamine, plus B-group vitamins, vitamin C, selenium, zinc and chromium

Helps maintain electrolyte balance after exercise



Supports normal cellular energy production



May also help relieve mild muscle fatigue and cramps, support endurance capacity during exercise, relieve sleeplessness and maintain cardiovascular system health when dietary magnesium intake is lower than recommended

HOW IT WORKS

Your muscles require magnesium in order to contract and relax properly, enabling you to engage in activities like moving your body and maintaining your stability while sitting and standing.

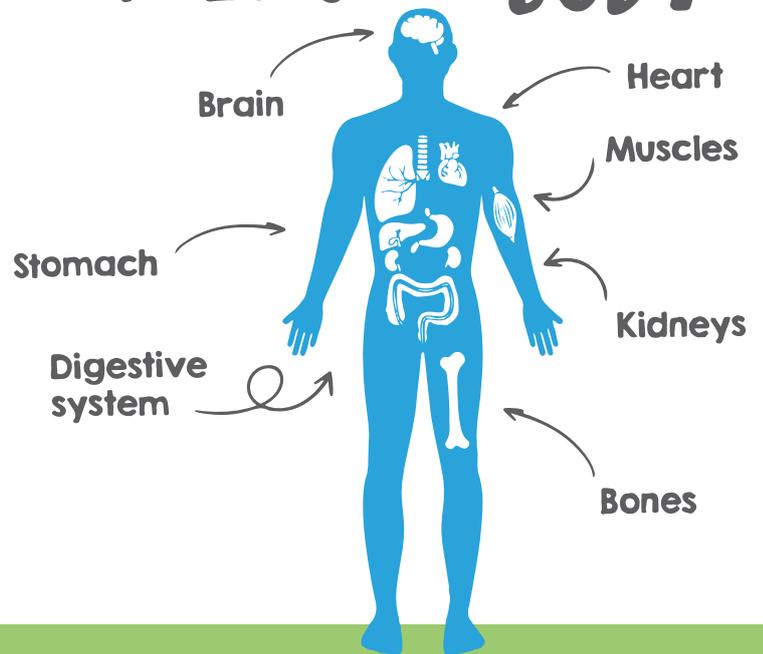


Oriental Botanicals Magnesium Excel Powder supports healthy muscle contraction and relaxation and helps compensate for magnesium depletion from sweating by restoring electrolyte balance after exercise.

If your magnesium intake is below recommended levels (as it is for one-third of Australian adults*), taking Magnesium Excel Powder may also help reduce muscle cramps, and support exercise performance, cardiovascular health and healthy sleeping patterns.



How **magnesium** AFFECTS your **BODY**



Other physiological functions of magnesium include aiding in the production of adenosine triphosphate (ATP, the compound used as the body's primary energy source), regulating calcium metabolism and maintaining bone health, and helping to support healthy people's blood sugar metabolism, ***Oriental Botanicals Magnesium Excel Powder*** contains magnesium glycinate (as OptiChel MG). This ***gentle-on-the-stomach*** form of magnesium is more readily absorbed and available to the body after consumption than some other types of magnesium (such as magnesium oxide).