



True Protocols™

MAGNESIUM BALANCE

Highly Absorbable Magnesium

- Combination of two highly absorbable forms of magnesium.
- Supports healthy muscle and nerve function.
- For optimal results, take in combination with Vitamin D-K2 Balance and Mitochondria Balance.



Why Do I Need to Supplement With Magnesium?

In the perfect world, we would get all of the magnesium our bodies need from food. In reality, a gradual depletion of our soil through modern agricultural practices means that most of the food we eat today contains very little magnesium.

More than 80% of North Americans do not even consume the minimum daily recommended amounts of magnesium, and our stressful lifestyles leave many of us severely deficient.

High consumption of coffee, tea, alcohol, sugar, processed foods and prescription drugs deplete our already low magnesium levels. Adding a magnesium supplement to our diet helps to ensure that our body has enough of this essential mineral to maintain optimal health.

Why Do Muscles Need Magnesium?

Magnesium is involved in over 325 biochemical processes in the body, making it vital in almost every organ system.

One of the most important roles that magnesium plays in our bodies is in the function of muscles. Muscle cells relax and contract through a mechanism of balancing calcium and magnesium. Calcium causes nerve firing and muscle contraction while magnesium does the opposite by relaxing nerves and muscles.

This balance can fail when magnesium levels are depleted and calcium begins to dominate. When our muscles are controlled by calcium, we experience them as being tighter and they are more likely to spasm and cause severe pain. Left untreated, this can lead to debilitating long-term chronic pain. Increasing magnesium levels helps to restore healthy muscle function.

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120 Vegi-Caps

Serving Size: 1 Capsule

Ingredients:

Magnesium	100mg
• From Glycinate	80mg
• From Malate	20mg
• Vitamin B6	2.5mg
• Zinc Bisglycinate	2.5mg

Suggested Use:

Take 1-3 capsules daily with or without food, or as directed by a healthcare practitioner.

Main Applications:

- Improved Muscle Function
- Increased Energy
- Headaches/Migraines
- Bone/Teeth Health
- Tissue Formation
- Mineral Balance
- Cardiovascular Health



Non-GMO



Vegan



Glutenfree

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How Will I Know If I'm Magnesium Deficient?

Only about 1% of the magnesium in our bodies is found in the blood, with the rest being bound in tissue and bones.

Our bodies will always ensure that our blood levels of magnesium are sufficient, and will deplete magnesium levels in tissue (such as muscle) and bones in order to ensure that there are adequate levels in the blood. Regular blood tests will show normal magnesium levels even if there is a severe deficiency.

Due to this difficulty in testing magnesium levels, we can look to the symptoms of magnesium deficiency for important clues.

When it comes to magnesium deficiency in muscle we experience it as tightness and soreness as well as muscle spasms. Left untreated, this involuntary contraction of muscles will remain indefinitely and cause excruciating pain that cannot be resolved without balancing the muscles' biochemistry.

It's not just muscles that are affected by low magnesium levels, we experience the symptoms of magnesium deficiency in many different ways.

Symptoms of magnesium deficiency may include:

- Difficulty sleeping
- Restless legs
- Anxiety
- Depression
- Irritability
- Nervousness
- Headaches
- Fatigue
- High blood pressure
- Abnormal heartbeat
- Poor memory

Why Should I Take Magnesium Balance?

There are many different forms of magnesium available and each is uniquely suited to meet various therapeutic goals.

For example, magnesium oxide (most commonly found in cheap supplements purchased at grocery stores and pharmacies) is a very inexpensive form of magnesium that is useful as a treatment for constipation, but is not very useful for raising magnesium levels.

Magnesium oxide has absorption rates of roughly 4%, while chelated magnesium (magnesium bound to an amino acid which helps more of it be absorbed in the intestinal tract) has absorption rates of roughly 30%.

Magnesium Balance combines both magnesium glycinate and malate to raise magnesium levels and support healthy muscle function. Magnesium glycinate contains the amino acid glycine which has a calming effect on muscles and nerves, while magnesium malate helps muscles to produce energy.

The addition of Vitamin B6, in the active form of pyridoxyl-5'-phosphate (P5P), addresses a common deficiency that can further deplete magnesium levels. P5P is 5x more absorbable than standard B6 and there is evidence that suggests B6 helps magnesium and zinc be absorbed into the cells where it is needed most.

Zinc has been found to be critical for protein synthesis, which helps with muscle recovery and growth, as well as in aiding calcium to be absorbed by bones.

The real therapeutic potential of the Magnesium Balance formula is experienced when taken in combination with Vitamin D-K2 Balance and Mitochondria Balance as they each address a key component of the chronic pain cycle. Together they increase magnesium levels which is essential for muscle and nerve function, regulate calcium levels and re-ignite the production of life-giving energy from our mitochondria to ensure optimal muscle function and improve overall health.