

Featured Product for Aug. 1st -31st

Mg
Magnesium

Cardiovascular System

- Regulates heart rhythm
- Utilized in the creation of cellular energy for heart function
- Relaxes blood vessels
- Increases oxygen

Intestinal System

- Laxative effect
- Helps in peristaltic action of the colon
- Aids in the digestion of carbohydrates, fats, and protein

Muscular System

- Relaxes muscles, relieves twitching
- Utilized in the creation of energy for muscles
- Aids in endurance and oxygen availability during strenuous exercise

Central Nervous System

- Helps regulate mood
- Called the “stress mineral”
- Plays a role in the production of neurotransmitter serotonin and sleep hormone melatonin
- Promotes sound sleep
- Relieves nervous tension, and restless leg syndrome

Respiratory System

- Has a calming effect on the muscles of the bronchial tubes
- A natural antihistamine and bronchodilator

Skeletal System

- Utilized in the formation of bones and teeth
- Transports calcium in and out of bone
- Activates bone-building osteoblast cells

A crucial mineral to the whole body

Magnesium is a required mineral by all body systems and is the fourth most abundant mineral in the body. There are more than 3,750 binding sites for magnesium on human proteins. It is required for more than 300 different enzymes reactions in the body. As an electrolyte, it plays a key role in the biochemical process of creating cellular energy (ATP) in the mitochondria.

The missing mineral for optimum health

Deficiency of magnesium is widespread in the adult population. The average adult requires about 300 mg to 450 mg per daily.



Magnesium Complex

- A source of two of the best-absorbed forms of this essential mineral.
- Each capsule contains 100 mg of magnesium (magnesium citrate, 485 mg, 16% magnesium, and magnesium malate, 155 mg, 15.2% magnesium).

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Special Pricing

10% OFF / 4 For 3 / 15 For 11

Promo#	Description	PV	Mgr.	Assoc. 20%	PC 10%	Retail
P873702	Magnesium Complex (10%)	16.24	14.62	16.70	18.79	20.88
P873704	Magnesium Complex (x4)	48.72	48.72	55.68	62.64	69.60
P873706	Magnesium Complex (x15)	178.64	178.64	204.16	229.68	255.20

Not valid with any other promotion. Promo may change without notice.

NATURE'S SUNSHINE®