Essential Magnesium

Magnesium is a nutrient that the body needs to stay healthy. Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone, and DNA.

QUICK FACTS

- Contains patented magnesium blend (as Magnesium Glycinate Chelate and Magnesium Oxide).
- Patented mineral glycinate chelated form promotes optimum absorption.*
- Supports nerve, muscle, bone and heart health.*

OTHER INFO

About 60% of the magnesium in your body is found in bone, while the rest is in muscles, soft tissues and fluids, including blood. In fact, every cell in your body contains it and needs it to function.

One of magnesium’s main roles is acting as a cofactor or “helper molecule” in the biochemical reactions continuously performed by enzymes. In fact, it’s involved in more than 600 reactions in your body, including:

- Energy creation: Helps convert food into energy.
- Protein formation: Helps create new proteins from amino acids.
- Gene maintenance: Helps create and repair DNA and RNA.
- Muscle movements: Is part of the contraction and relaxation of muscles.
- Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

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WHY THIS SUPPLEMENT?

Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

WHAT SETS US APART?

There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call Opti-Blend™. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. Opti-Blend™ ensures delivery at the cellular level and up to a 300% increase in absorption.

SUGGESTED USE:

As a dietary supplement, take one capsule three times per day or as directed by a health care provider.

This product is available at:

OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.