

> Magnesium (250 mg) 180 ct. tablets By Nature's Sunshine

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Manufacturer: Nature's Sunshine

HOW IT WORKS

Magnesium is a macro mineral, essential to the proper utilization of other minerals in the body, including calcium and phosphorus. Magnesium is also critical to energy production and to over 300 enzymatic reactions in the body. It helps metabolize carbohydrates, proteins and fats, plus other minerals and nutrients, including vitamin C.

WHY OUR MAGNESIUM?

We offer two forms of magnesium: magnesium oxide and an amino acid chelate. Magnesium oxide provides more magnesium than other forms. And magnesium amino acid chelate is an electrolyte that is easily absorbed by the body. Blending these two together offers great value and bioavailability. And our complementary herbal base features licorice root (used in Traditional Chinese Medicine to support metabolism), kelp (provides iodine for the thyroid gland) and white willow bark (supports nervous system health with naturally occurring salicin, flavonoids and glycosides).

THE STORY BEHIND MAGNESIUM (250 MG)

Magnesium. Magnesium was named for Magnesia, the region in Greece where this mineral compound was first found. Magnesium has become quite popular for its soothing effect on the bowel. But it's so much more. Magnesium is critical to bone development and health. It supports heart, brain and kidney function. And a 2011 study showed that magnesium helps overweight people improve their metabolism. It also supports a healthy pregnancy. Licorice (*Glycyrrhiza glabra*) is native to Europe and Asia. And ancient Greeks and Romans used this root for health benefits. The Chinese have used licorice in their Traditional Medicines to help the body combat cough, relieve digestive issues and support the reproductive system. Long known for its sweetness, licorice extract is approximately 40 times sweeter than sugar! Records show that ancient Greeks chewed on willow tree bark to help dull discomforts. Desperate times!

RECOMMENDED USE

Take 1 tablet daily with a meal.