



# Magnesium #1 Mineral Deficiency

300 DIFFERENT PHYSIOLOGICAL PROCESSES REQUIRE MAGNESIUM

## BENEFITS OF MAGNESIUM

- ◆ Calms brain/nerve activity
- ◆ Supports migraine prevention
- ◆ Improves brain fog symptoms
- ◆ Energizing, metabolism and reduces muscle pain
- ◆ Critical for heart health
- ◆ Creates energy in your cells, body & helps fight fatigue
- ◆ Aids in healing the body
- ◆ Relieves anxiety/ depression

80% of Americans may be deficient in Magnesium

# Get Yours Today



Join the Wellness Club Only \$25 Per Year and Save 20%!