



Mg

Advanced heart-health magnesium supplement

“A lack of magnesium underlies our epidemic of heart disease, high blood pressure, diabetes and osteoporosis,” says Lawrence Resnick, M.D., a professor of medicine at Cornell Medical Center. [USA Weekend]

Benefits for healthy bones, muscle and heart

Magnesium is a mineral that is essential to many biological processes that occur in the body. Magnesium aids in the body’s absorption of calcium and also plays a key role in the strength and formation of bones and teeth. Those at risk for osteoporosis can benefit from taking magnesium.

Magnesium also helps maintain proper muscle function by working to keep muscles properly relaxed.



The heart benefits of magnesium are vast, from lowering overall blood pressure to keeping the blood in your heart pumping smoother and even reducing arrhythmias.

Help for diabetics

A growing body of evidence suggests that magnesium deficiency plays an important role in the development of diabetes. In one study printed in the Archives of Internal Medicine, it was determined that a low serum magnesium level is a strong, independent predictor of incident type 2 diabetes. [Arch Intern Med. 1999;159:2151-2159.] A study published in PubMed.gov concluded that oral magnesium supplementation improves insulin sensitivity and metabolic control in type 2 diabetic subjects. [Diabetes Care. 2003 Apr;26(4):1147-52.]

Magnesium deficiency

Most people do not maintain proper levels of magnesium. If you aren't getting enough magnesium, you might be experiencing symptoms of magnesium deficiency, which can include leg cramps, migraines, fatigue, loss of appetite, depression, nausea and vomiting. **Res-Q Mg** has 125% of the daily recommended value of magnesium.



1-800-26-ALIVE (1-800-262-5483) • www.MyResQProducts.com