

# THE MIGHTY MAGNESIUM



Promotes  
head comfort



Supports  
bone health



Supports a healthy  
sleep quality



Promotes optimal muscle  
health and comfort



Supports  
cardiovascular health



Helps maintain normal  
blood sugar levels and  
blood pressure



Promotes  
cognitive health



## ISOTONIX® MAGNESIUM

Magnesium is the fourth most abundant mineral in the body, supporting more than 300 of the body's enzymes. Magnesium plays a role in many aspects of one's health. Isotonix Magnesium provides two types of magnesium, glycinate and citrate, in order to increase its absorption in the body while being gentle on the stomach.\*

## DID YOU KNOW?

The recommended daily intake for adults is 400 mg daily.

Even a proper balanced diet may not provide enough magnesium. Food preparation methods may decrease magnesium content in foods.

Foods high in magnesium also are sources of fiber. Examples of high fiber and magnesium foods are bananas, leafy green vegetables, broccoli, avocados, whole grains, legumes, nuts and seeds.

\* These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.