

THE MIGHTY MAGNESIUM



Helps in energy metabolism



Helps support normal muscle function



Helps to support the body's ability to metabolize nutrients



Helps in bone development



Helps in tissue formation



Helps to maintain normal electrolyte balance



Helps in the development and maintenance of teeth



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.