

Chelated Magnesium (Item #2017)

Formulated to enhance bio-availability

Why take Chelated Magnesium?

With today's constant demands on our time, a world filled with high stress and the constant influx of stimulation, it is no wonder we have trouble relaxing. The ability to relax when needed is achievable through breath control, exercise, nutrition and taking some time to unwind. There is, however, another less known factor to relaxing and that is the mineral Magnesium.

Unfortunately most of us do not get sufficient amounts of magnesium in our diets. Good sources of magnesium include whole grains and green vegetables, both of which most Americans do not eat enough of to benefit from their relaxing qualities. Taking a couple of Magnesium capsules daily will increase your ability to relax and make the process of relaxing much easier.

Dosage: Take 1 vegi-capsule with each meal or as directed by a qualified health professional.

Ingredients Explained

Magnesium - Magnesium is the fourth most abundant mineral in the body and is essential to good health. Approximately 50% of total body magnesium is found in bone. The other half is found predominantly inside cells of body tissues and organs. Only 1% of magnesium is found in blood, but the body works very hard to keep blood levels of magnesium constant.

Magnesium is needed for more than 300 biochemical reactions in the body. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong. Magnesium also helps regulate blood sugar levels, promotes normal blood pressure, and is known to be involved in energy metabolism and protein synthesis. There is an increased interest in the role of magnesium in preventing and managing disorders such as hypertension, cardiovascular disease, and diabetes. Dietary magnesium is absorbed in the small intestines. Magnesium is excreted through the kidneys.

Tracite - Tracite Fulvic Minerals is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron based, plant derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in macro-minerals, trace minerals, trace elements and especially fulvic acid.

Ordering Information

Chelated Magnesium (Item #2017) 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

UNIVERSAL FORMULAS, INC.

WWW.UNIVERSALFORMULAS.COM

“ENHANCING YOUR HEALTH POTENTIAL”

**Please DO NOT modify levels of any prescribed medication
Without first consulting your physician.**

Required FDA Statement:

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