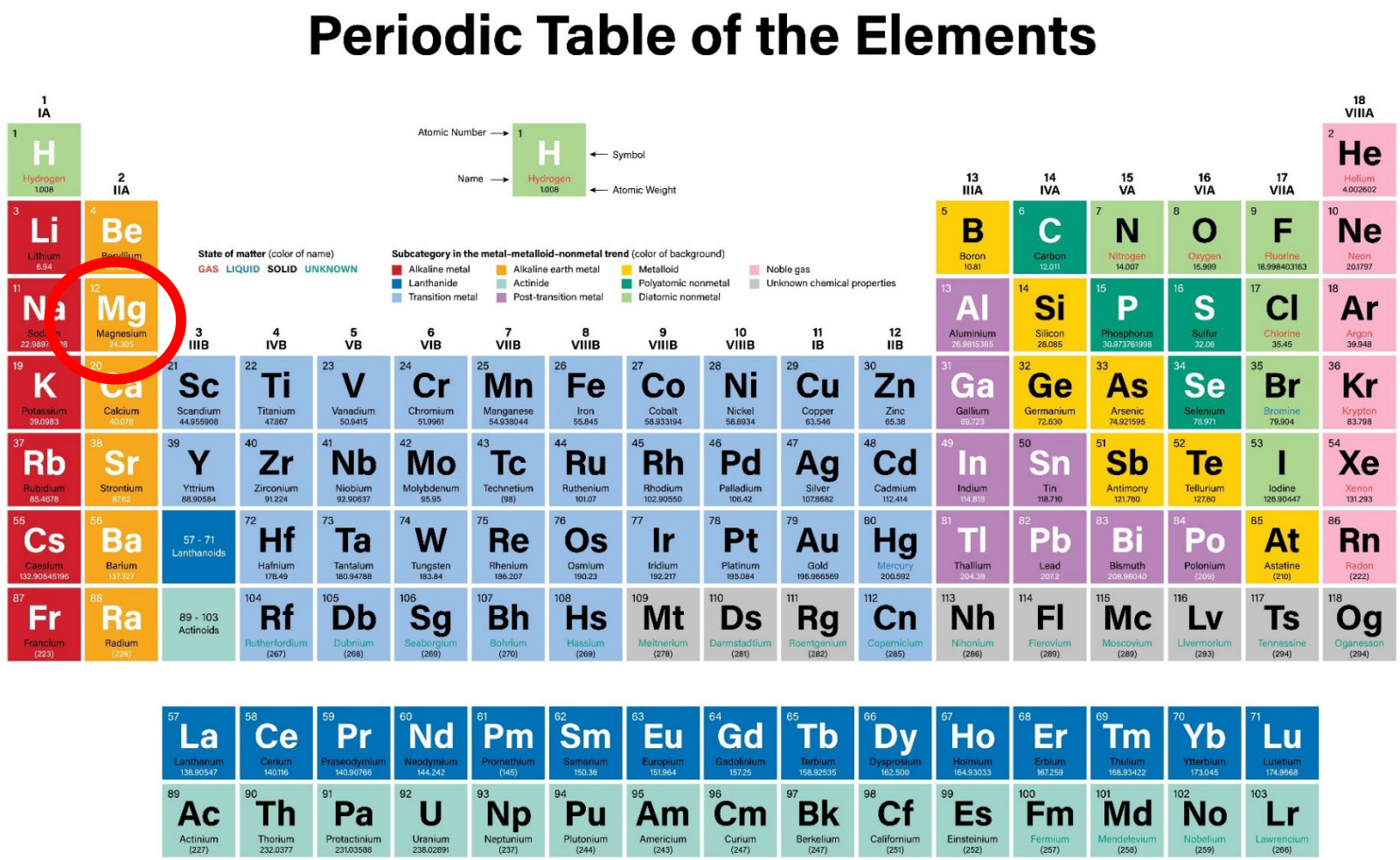
Magnesium:
Beyond the Basics

Quick Review: The Basics of Magnesium

- An essential mineral
- 99% of magnesium in the human body is stored in the bones, muscles, and non-muscular soft tissue
- Magnesium plays a role in over 300 enzymatic reactions in the body



Magnesium Intake

- **70-80% of Americans** do not get the minimum recommended daily intake of magnesium (420 mg daily for men and 320 mg daily for women)
- Food sources of magnesium
  - Nuts and seeds
  - Legumes
  - Bananas
  - Leafy green vegetables
  - Avocados
  - Dark chocolate

Magnesium Deficiency

- Signs of low magnesium levels
  - Fatigue
  - Muscle cramps or spasms
  - Muscle weakness
  - Irregular heartbeat
  - Anxiety

Organs most dependent on magnesium:

Brain

Bone

Heart

Muscles

Kidneys and Liver

Commonly Used Medications Can Deplete Magnesium

- High blood sugar: **diabetes drugs including GL**P-1 drugs deplete magnesium
- Heartburn and acid reflux: Long term use of **proton pump inhibitors** – depletes magnesium
- High blood pressure: certain **diuretics** deplete magnesium

Forms of Magnesium

- Magnesium, as a dietary supplement, is found in many forms
- Many types of magnesium are poorly absorbed and in fact some of them have laxative effects
  - Magnesium citrate (magnesium + citric acid)
  - Magnesium oxide (magnesium + oxygen)
  - Magnesium hydroxide ALSO known as “Milk of Magnesia”
- **Magnesium glycinate chelate** is bound to an amino acid
  - Very well absorbed
  - No laxative effects

When to Suggest Magnesium

- Heart function
- Blood sugar
- Nerves and Nervous System
- Muscle cramps or muscle pain†
- Mental health
- PMS*

†Occasional muscle pain due to exercise or overuse

Why Add Vitamin B6 and Zinc

- Vitamin B6 can boost magnesium absorption and increase its benefits
- Zinc and magnesium work synergistically

BioActive Magnesium Complex

- **Superior absorption magnesium and zinc**
  - Chelated forms are better tolerated and minimize potential for digestive upset
- **Bioactive P-5-P: no conversion necessary**
- **Ideal for**
  - Heart and cardiovascular function
  - Nervous system function in adults and children
  - Relief of occasional muscle cramps
  - Tendon, ligament and cartilage support
  - Mood and emotional support*

Available in a
60 and 120 count

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per 1 Capsule (Veg):		%DV
Vitamin B6 (as pyridoxal-5-phosphate)	10 mg	588%
Magnesium (from magnesium bisglycinate chelate)	100 mg	24%
Zinc (from TRAACS™ zinc bisglycinate chelate)	5 mg	45%

Recommendations: Adults: 1 capsule daily, may be taken up to 4 times daily. Children (6-12 years): 1 capsule daily, or as recommended by your healthcare practitioner.

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

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NERVE PAIN

Magnesium for Ultimate Health

If you think that you're getting enough magnesium from food sources alone, you may be mistaken. Magnesium has been depleted in the soil and is often stripped from foods during processing, so it's not as prevalent in the diet as once thought. In fact, some experts estimate that up to 80 percent of the U.S. population is deficient. And that's an alarming thought because magnesium supports a strong mind and body in virtually every way.

Promotes Calm, Alleviates Stress and Depression

Because magnesium is so closely tied to how our minds and bodies function, deficiencies can make you more susceptible to depression, and stop you from dealing with stress in a healthy way. The resulting tension can send your adrenal and pituitary glands into overdrive, and crank up cortisol and insulin levels. You end up feeling exhausted, less able to cope, and set yourself up for insulin resistance and high blood pressure, too.

Stress and magnesium deficiency can be a vicious cycle—stress can lead to magnesium depletion and the magnesium depletion then leads to greater stress levels and risk of depression. But on a positive note, some case histories have shown that magnesium supplementation—including a glycinate form, which is the kind I prefer—can speed recovery from depression symptoms in as little as seven days.

Magnesium also appears to help children who have trouble calming down and staying focused. While there are still more clinical trials needed to determine exactly how magnesium works for this, case histories support its use. And magnesium seems to have similar effects for adults.

Additionally, clinical studies have found that for children and adults, including women who suffer from menstrual migraines, preventative supplementation with magnesium significantly reduced the incidence of headaches. It is estimated that half of all migraine sufferers are magnesium deficient.

An Essential for Your Heart

If you want to keep your heart healthy and strong, you need magnesium. A study of over 9,000 participants in the Netherlands found a link between low magnesium levels, coronary heart disease risk, and cases of sudden cardiac death. They found that without enough magnesium, arteries thickened and the tone and overall health of blood vessels declined. A Finnish study reported that low magnesium is, on its own, a risk factor for heart failure in men—aside from lifestyle, blood pressure, and weight.

The good news is that it's never too late to start supplementing with magnesium. A randomized, double-blind, placebo-controlled clinical study published in the *American Journal of Clinical Nutrition* showed that after just six months of supplemental magnesium, older adults who were overweight or obese had healthier arteries. Ultimately, that means better blood pressure and less strain on the heart.

Did You Know?

Cooking, freezing, canning, storing or processing foods can deplete their vitamin B6 content by **as much as 50%**. Additionally, as many as 30% of people have difficulty converting B vitamins from the forms typically found in food to the active form their body can use.

Terry Talks Nutrition

TERRY'S BOTTOM LINE

It's tough to overemphasize how much good magnesium does for us. Unfortunately, it is one of the most commonly lacking nutrients in the diet. That is why I highly recommend a magnesium supplement to:

- **Help you feel clear headed and energetic**
- **Strengthen your heart and arteries**
- **Help prevent stroke**
- **Speed exercise recovery**
- **Reduce migraines**
- **Prevent or treat symptoms of depression**

HERE IS THE FORMULA I SUGGEST:

Vitamin B6 (as pyridoxal-5-phosphate)	10 mg
Magnesium (from magnesium bisglycinate chelate)	100 mg
Zinc (from zinc bisglycinate chelate)	5 mg

Helps You Exercise Better, Recover Faster, & Relieves Cramps

Magnesium enhances physical performance. A clinical survey in Portugal found that magnesium helped elite basketball, handball and volleyball players score big in strength and movement tests, including trunk flexibility, rotation, and jumping. Magnesium relieves post-exercise pain, too, so it's a great nutrient to have on board either before

More...

Visit **TerryTalksNutrition.com** to sign up for a weekly newsletter or listen to my radio show

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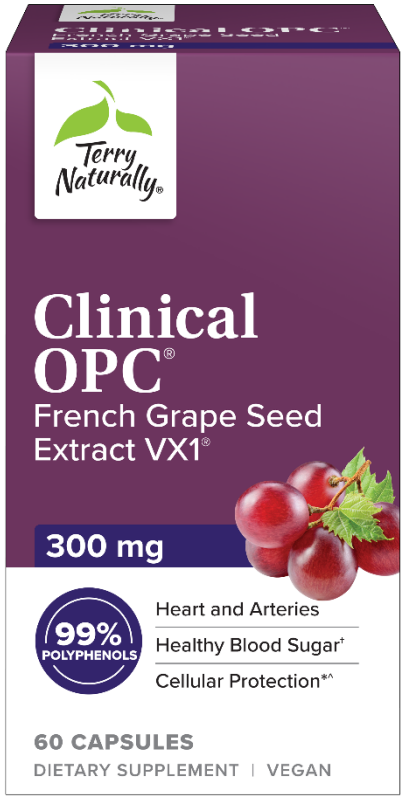
Build a Protocol with Magnesium

Heart


Terry Naturally
GAMMASORB® Enhanced Absorption‡
Orange Flavor
CoQ10
Supports Heart, Brain, & Healthy Aging*
ENHANCED ABSORPTION‡
8X HIGHER ABSORPTION*
Cardiovascular Health
Cellular Function*
30 CHEWABLE TABLETS
1 Month Supply
DIETARY SUPPLEMENT | VEGAN


Terry Naturally
Clinical OPC®
French Grape Seed Extract VX1®
300 mg
99% POLYPHENOLS
Heart and Arteries
Healthy Blood Sugar†
Cellular Protection*^
60 CAPSULES
DIETARY SUPPLEMENT | VEGAN


Terry Naturally
Nitric Oxide Circulation*
Red Sage Plus
With HRG80™ Red Ginseng
HEART HEALTH*
Nitric Oxide Production for Healthy Blood Flow and Circulation*
30 CAPSULES
DIETARY SUPPLEMENT | VEGAN


Terry Naturally
Superior Absorption
BioActive Magnesium Complex
With P-5-P and Zinc
60 CAPSULES
DIETARY SUPPLEMENT | VEGAN

Muscle Function

Mood


Terry Naturally
Saffron Lift™
+ Curcumin
Positive Mood & Emotional Balance*
CLINICALLY STUDIED INGREDIENTS
Clinical Strength Botanicals for Mental Well-Being*
60 CAPSULES
1 Month Supply
DIETARY SUPPLEMENT | VEGAN
Terry Naturally
AnxioCalm®
Award-Winning Formula
Safe for the Entire Family (Ages 4+)
CLINICALLY STUDIED
Relieves Occasional Anxiety, Stress, and Nervous Tension*
45 TABLETS
DIETARY SUPPLEMENT
Terry Naturally
GAMMASORB®
Enhanced Absorption‡
PEA
Healthy Inflammation Response*†
With Serratiopeptidase
ENHANCED ABSORPTION‡
PAIN RELIEF*†
Exercise Recovery
Joint Comfort
Healthy Mood*
60 CAPSULES
DIETARY SUPPLEMENT | VEGAN
Terry Naturally
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With P-5-P and Zinc
60 CAPSULES
DIETARY SUPPLEMENT | VEGAN

Roll Call and Questions