

GUARDING YOUR HEALTH

CONTACT INFO
KATHY 083 564 2011



20 GOOD REASONS FOR TAKING MAGNESIUM:

1. **Anxiety and Panic attacks** - Magnesium normally keeps adrenal stress hormones under control.
2. **Asthma** - Both histamine production and bronchial spasms increase with Magnesium deficiency.
3. **Blood clots** - Magnesium has an important role to play in preventing blood clots and keeping the blood thin, much like aspirin but without the side effects.
4. **Bowel disease** - Magnesium deficiency slows down the bowel, causing constipation, which could lead to toxicity and malabsorption of nutrients, as well as colitis.
5. **Cystitis** - Bladder spasms are worsened by Magnesium deficiency.
6. **Depression** - Serotonin, which elevates mood, is dependent on Magnesium.
7. **Detoxification** - Magnesium is crucial for the removal of toxic substances and heavy metals such as aluminium and lead.
8. **Diabetes** - Magnesium enhances insulin secretion, facilitating sugar metabolism. Without Magnesium, insulin is not able to transfer glucose into cells.
9. **Fatigue** - Magnesium deficient patients commonly experience fatigue because dozens of enzyme systems are under-functioning. An early symptom of Magnesium deficiency is frequently fatigue.
10. **Heart disease** - Magnesium deficiency is common in people with heart disease. Magnesium is administered in hospitals for acute myocardial infarction (heart attack) and cardiac arrhythmia. Like any other muscle, the heart muscle requires Magnesium. Magnesium is also used to treat an a gina (chest pain). 20 Reasons continue



✓ **HEART HEALTH**



✓ **CONSTIPATION & DETOX**



✓ **ANXIETY & DEPRESSION**



✓ **MUSCLE & JOINTS**



✓ **HEADACHES & MIGRAINES**

A unique combination of Ancient mineral crystals mined from sea deposits in the land of Israel. An essential mineral to promote and enhance overall wellbeing.



INGREDIENTS: Magnesium Chloride, Calcium, Potassium, Sodium and trace minerals. Lab tested from heavy metals and faecal coliforms – none found. (Certificate of analysis available.)

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OVERALL
WELLBEING**

Cautions: Magnesium should not be used by people with dialysis treatment or who are using Wafarin, without medical supervision.



20 GOOD REASONS FOR TAKING MAGNESIUM:

- Hypertension** – With insufficient Magnesium, spasm of blood vessels and high cholesterol occur, both of which lead to blood pressure problems.
- Hypoglycemia** – Magnesium keeps insulin under control; without Magnesium, episodes of low blood sugar can result.
- Insomnia** – Sleep-regulating melatonin production is disturbed without sufficient Magnesium.
- Kidney Disease** – Magnesium deficiency contributes to atherosclerotic kidney failure.
- Migraines** – Serotonin balance is Magnesium dependent. Deficiency of serotonin can result in migraine headaches and depression.
- Musculoskeletal conditions** – Fibrositis, fibromyalgia, muscle spasms, eye twitches, cramps and chronic neck and back pain may be caused by Magnesium deficiency and can be relieved with Magnesium supplements.
- Nerve problems** – Magnesium alleviates peripheral nerve disturbances throughout the whole body, such as migraines, muscle contractions, gastrointestinal spasms, and calf, foot and toe cramps. It is also used in treating central nervous symptoms of vertigo and confusion.
- Obstetrics and Gynecology** – Magnesium prevents PMS; prevents dysmenorrhea (cramping pain during menses); is important in the treatment of infertility; and alleviates premature contractions, preeclampsia, and eclampsia in pregnancy. Magnesium should be a required supplement for pregnant mothers.
- Osteoporosis** – Use of calcium with Vitamin D to enhance calcium absorption without a balancing amount of Magnesium causes further Magnesium deficiency, which triggers a cascade of events leading to bone loss.
- Tooth decay** – Magnesium deficiency causes an unhealthy balance of phosphorus and calcium in saliva, which damages teeth.

**C.O.A available *SANAS Laboratory analyzed. Sealed for your protection. Check the Seal. This product has not been evaluated by Medicines Control Council. This product is not intended to diagnose, treat, cure or prevent disease and no claims are made by Starplex 507cc.*

Distributed by: Starplex 507cc – T: (+27) 83 564 2011 (Kathy)