

Get Spinach Power  
from  
100% Spinach Powder!

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**Magnesium Complex**



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## Magnesium Complex

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**Magnesium Complex** is a 100% vegetarian food supplement to supply your body's vital need for magnesium.

### Why Do We Need Magnesium?

**Magnesium** is one of the most important minerals when it comes to maintaining optimal health. Why? Because magnesium plays a major role in just about every process in the body, making it absolutely crucial to many aspects of health including: Blood pressure regulation • Insulin metabolism • Muscle contractions • Nerve transmission • DNA synthesis • Protein synthesis and • Reproduction

About 99% of the body's total magnesium is stored in bones, muscles and soft tissues and about 1% in the blood. Low levels of this vital mineral are linked to a long list of chronic conditions such as Alzheimer's, heart disease and diabetes.

### Some Magnesium Benefits

- Reduces blood pressure • Improves blood sugar • Alleviates PMS symptoms
- Relieves inflammation • Prevents migraines • Fights against depression
- Enhances sleep quality – Reduces insomnia • Boosts exercise performance

### Some Benefits of Spinach – A Magnesium-Rich Food

One of the best sources of food magnesium is **spinach**. In fact, spinach is one of the most nutrient-dense magnesium foods and number one on the list of magnesium-rich foods!

Organic spinach powder in **NHC Magnesium Complex** packs a whole lot of nutrition, made by grinding whole dried spinach leaves, which has a rich green color and mild spinach flavor. Besides magnesium, spinach powder alone is rich in antioxidants, produced through flavonoids, and is a good source of protein, vitamins A, C, and K, calcium, iron and other nutrients to support these health conditions: Diabetes management • Asthma prevention • Lower blood pressure • Bone health • Regularity • Cancer prevention • Healthy skin and hair

### Magnesium Food Source vs Typical Rock Mineral Salts

**Organic food magnesium** from **NHC Magnesium Complex** is better absorbed, retained and utilized than typical synthetic magnesium supplements. If you're getting your magnesium from food sources, you don't need to worry about any side effects from eating too much. Excess magnesium from food is simply filtered by the kidneys and excreted through the urine.

On the other hand, high doses of typical, non-food **magnesium supplements** can cause adverse side effects like diarrhea, nausea and abdominal cramping. Extremely high doses can lead to a magnesium overdose and magnesium toxicity.

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