

# MAGNESIUM ESSENTIALS

DUSTIN STRONG, CHN, ACN, STRONG ON HEALTH

EXPERIENCE MAGNESIUM LIKE NEVER BEFORE: UNLOCK THE COMPLEX POWER OF E-Z Mg



DID YOU KNOW?  
**UP TO 50%**

OF PEOPLE MAY BE MAGNESIUM DEFICIENT - AND MOST DON'T EVEN KNOW IT?

## COMMON SYMPTOMS OF MAGNESIUM DEFICIENCY



“THINK OF MAGNESIUM LIKE YOUR BODY’S BATTERY CHARGER-MODERN LIFE DRAINS IT CONSTANTLY”

## SURPRISING CONTRIBUTORS TO MAGNESIUM DEFICIENCY



## HIDDEN CAUSES OF MAGNESIUM DEPLETION

Mg DEPLETER	How the body is affected
Sugary & processed foods	Increase Mg excretion
Chronic stress	Burns through Mg stores
Common medications	Block absorption of Mg
Alcohol/Caffeine	Reduces retention in kidneys
Intense workouts or sweating	Depletes Mg stores

## WHAT'S WRONG WITH MOST MAGNESIUM SUPPLEMENTS?

- Focus on one form:** often magnesium oxide, which is used as a laxative and has poor bioavailability
- Questionable production practices:** Fillers, flow, binding and bulking agents
- Unnecessary ingredients:** preservatives, artificial colors, sugar, and artificial sweeteners



## DAILY RITUAL WITH EZ-Mg

- Take with or after nourishing food, once or twice daily
- Combine with a mindful bedtime routine for deep, restorative sleep
- Pair with other, key nutrients (B-complex, Omega-3 fatty acids) for optimal support
- Partner closely with your holistic health care practitioner

## REPLENISH WHAT LIFE DEPLETES

- Remove/reduce sugary and processed foods
- Limit caffeine and alcohol
- Make intentional choices to reduce stress throughout the day
- Pay attention to chronic use of certain medications
- Replenish with magnesium-rich foods and whole food supplements

