

Magnesium Glycinate

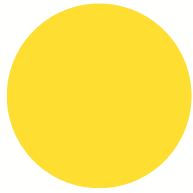
For most acute cases, spasms and pain

700mg capsules contain

- Magnesium Glycinate

Daily dosage 2 – 4 capsules in divided dosages with meals

R420 for 60 Capsules
R230 for 30 Capsules



Magnesium Nourish

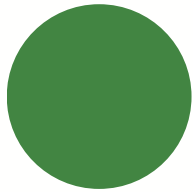
For medium term use for muscular, digestive and nervous health

700mg capsules contain

- Magnesium Glycinate
- Glutamine

Daily Dosage 2 - 4 capsules in divided dosages before meals or at bedtime

R340 for 60 Capsules
R180 for 30 Capsules



Mineral Magnesium Complex

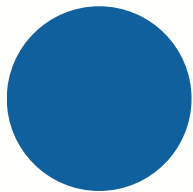
For long-term use, for general health and for reducing acidity

500mg capsules contain

- Magnesium Glycinate
- Stinging Nettle extract
- Bioflavonoids
- Vitamin A
- Glutamine
- Chlorella

Daily dosage 3 – 6 capsules in divided dosages before meals

R310 for 90 Capsules



Mag PO

For quick relief of muscle cramps and insomnia to use as needed

Chewable tablets contain

- Magnesium Phosphate

Maximum dosage 6 tabs per day as/or when needed

R100 for 50 tablets



Natroceutics Magnesium Trace Mineral Complex

A slow release formula tolerated well by most people with very sensitive digestive systems

125mg tablets contain

- Magnesium Citrate
- Liposomal Magnesium extract
- Ionic trace elements

Daily Dosage 2 tablets

R285 for 60 tablets

Prices subject to change

MAGNESIUM PROTOCOL

February 2023

Magnesium Glycinate

For people with acute injuries/recovery/post surgery or who are very stiff or congested. Use for 1 – 2 weeks to aid in recovery. If detoxifying related symptoms occur, start on the Magnesium Nourish and progress to Magnesium Glycinate for a while before using Mineral Magnesium Complex as maintenance.

Magnesium Nourish

Both Glycine and Glutamine are amino acids which will assist with the absorption of Magnesium and makes this product more gentle on the stomach (and the wallet) – especially for longer term use. The enhanced absorption compensates for the lower dosage of Magnesium, and the Glutamine has the additional benefits of reducing inflammation, as well as improving the gut lining, muscle function and cognition - especially in times of stress when the body uses more Glutamine.

It can be taken on an empty stomach for people who prefer intermittent fasting.

Mineral Magnesium Complex

For long-term use, general health, maintenance and for reducing acidity. It contains Magnesium Glycinate, together with Stinging Nettle extract (which is one of the plants with a very high natural mineral and trace mineral content, which in turn enhances the absorption of Magnesium), as well as bioflavonoids, Vitamin A and Glutamine. The improved formula contains additional Chlorella, which acts as a chelating agent to support the body's natural detoxification processes and enhance the nutrient profile of the product.

Mag PO

Chewable tablets for quick relief of muscle cramps and insomnia to be used as needed. These tablets can also be used by children or people who are finding it difficult to swallow capsules. Even though it contains just 65mg Magnesium Phosphate per tablet, it is absorbed through the mucus membranes of the mouth which enhances its bioavailability. Generally taken when needed while suffering from muscle cramps, until serum Magnesium levels have improved.

Natroceutics Magnesium Trace Mineral Complex

This product is formulated and distributed by the South African Company Natroceutics. It contains Magnesium Citrate as well as Liposomal Magnesium, and delivers a total of 125 mg Elemental Magnesium per tablet. The tablets can be difficult to swallow and the trace minerals give it a peculiar taste. It is a slow-release formula due to the presence of the Liposomal component and is generally tolerated well by most people with very sensitive digestive systems.



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