

# PHYSIO4ALL

revitalise – bounce – be healthy

## BENEFITS OF MAGNESIUM

Magnesium is an essential mineral to the human body and to a variety of important biological processes that occur in the body. In fact, magnesium is involved in well over 300 metabolic processes. Magnesium is important for muscle contraction, nerve conduction, and the maintenance of vascular tone.

Many of us eat a diet that contains practically no magnesium — a highly processed, refined diet that is based mostly on white flour, meat, and dairy (all of which have no magnesium).

A mineral deficiency of magnesium is one of the most frequent causes of leg cramping. Running cramps usually involve the muscles of the calf, and occasionally the hamstrings and quadriceps. If you're a regular sufferer of leg cramps, running calf cramps and night time leg cramps and have tried 'almost everything', then perhaps magnesium supplement may have some benefits for you. Increased loss of magnesium from the body has been seen during and after exercise, as a result of increased sweating.

### Evidence Based Benefits of Magnesium

- Aids in absorption of calcium which plays a key role in bone strength and formation: decreased risk of osteoporosis
- Helps prevent abnormal blood clotting; significantly lower the chance of heart attacks and strokes.
- Aids in maintaining healthy blood pressure levels; ↓ the smooth muscle tone around your arteries to relax
- Helps maintain proper muscle function by reducing excessive tension

We strongly recommend Ultra Muscize from Bioceuticals. This product is a great-tasting, high dose magnesium powder containing a specialised mineral delivery system that enhances absorption and intestinal tolerance of magnesium. Ultra Muscize® also contains the amino acids carnitine, glutamine and taurine, with malic acid, B vitamins and other supportive nutrients making it a complete supplement to your daily diet.



### **Serving Suggestion:**

**Adults:** Add 1 metric teaspoon (approx. 5g) to 100-200mL of water or juice. Stir or shake to make a beverage. Consume once daily or as directed by your healthcare practitioner.

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