

MAGNESIUM CITRATE

WHY DO I NEED THIS PRODUCT

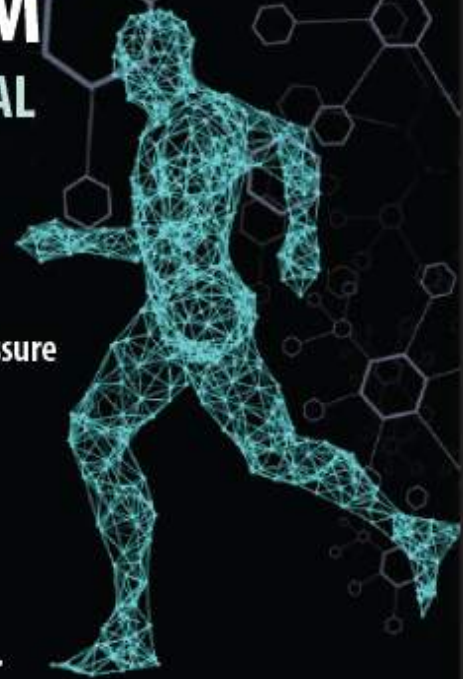
During the last 40 years, thousands of studies and research documents have been published proving that **Magnesium** is a crucial nutrient supporting more than **300 functions in the body!** Yet 75% of North Americans may be Magnesium Deficient. The **US National Academy of Science's Food & Nutrition Board** simply states, "**The average American 14 or older is magnesium-deficient**". Magnesium in general is essential for the survival of our cells but takes on further importance in the age of toxicity where our **bodies are being bombarded daily with heavy metals.**



MAGNESIUM THE MASTER MINERAL

Fully supports:

Blood Sugar Balance
Optimal Circulation & Blood Pressure
Cellular Energy Production
A Calm Nervous System
Pain Relief & Relaxed Muscles
Bone Density & Calcium Balance
Joints & Ligament Flexibility
Deep Sleep Patterns, and More...



Anything that makes you tense and tight could potentially be due to magnesium deficiency. If you can't relax or you can't stop - think magnesium! Full-blown health problems can even be tied back to this crucial mineral. Most people with ANY chronic disease or issue benefit greatly from magnesium supplementation therapy.

- The US National Academy of Science's Food & Nutrition Board
- Medical News Today / <https://www.medicalnewstoday.com/articles/286839.php>
- Pubmed.com

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APPLICATION INSTRUCTIONS

Massage (2-3) pumps daily on clean skin, continue until fully absorbed. Choose one skin area to apply cream each night: inner forearm, underneath breast or upper stomach area, leg or feet area especially if experiencing cramping or restless leg syndrome. May alternate areas to avoid saturation.

AVOID COMBINING CREAMS:

AVOID combining / layering our creams with other products, especially on your face. Other creams are NOT formulated to penetrate the skin and typically contain toxic chemicals. Our creams penetrate below the SKIN, so they will pull toxic chemicals from other creams with them and could cause irritation.

BEST TIME TO APPLY CREAM:

Any time day or night is a good time to apply the cream and there is no toxic level.

WHERE ON THE BODY TO APPLY OUR CREAMS?

You can apply the cream on different areas of the body - look over the Application Body Chart for best-recommended body zone application areas. Apply to one area at a time, as our creams are potent and pure so a little goes a long way.



30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on your skin for 30 seconds longer than normal until cream disappears. The rubbing acts as a mechanism for the cream to fully penetrate through the skin.

SENSITIVE SKIN:

If you have sensitive skin the best place to apply the cream may be on the soles of your feet. These pores are 30% larger than any other location on your body, which makes your feet an excellent area for application and absorption.

CERTIFIED



LIPOSOMAL DELIVERY TECHNOLOGY