



LORNA VANDERHAEGHE

Lorna Vanderhaeghe is a woman's health expert who has been researching nutritional medicine for over 25 years. She has a Master of Health Studies and a degree in Biochemistry. Lorna is the author of eight books, including her newest book *Sexy Hormones*. She has a monthly newsletter which you can read at her website – www.hormonehelp.com.

MagSense™



What to expect from this product:

- Supports the heart, nervous system and cellular energy
- Relieves muscle cramps
- Supports healthy muscle function

Magnesium is an abundant mineral in the body that is necessary for many organs and tissues to function properly. Its deficiency has been implicated in cardiovascular disease, behavioural problems, diabetes, chronic fatigue, migraine headaches, muscular complaints, osteoporosis, and premenstrual syndrome. Studies indicate that a significant number of North Americans fail to meet the recommended daily intake of magnesium.

Cardiovascular Disease

Epidemiologic studies (statistical studies on human populations which attempt to link health effects to a specified cause) have linked low levels of magnesium and the increased frequency of heart disease and cardiovascular deaths. High blood pressure specifically is associated with low magnesium levels.

Behavioural Problems

Magnesium deficiency occurs more frequently in children with attention deficit hyperactivity disorder (ADHD) than in healthy children. Studies have shown that magnesium supplementation reduces the symptoms of ADHD in children.

In one such study, a combination of magnesium and vitamin B6 was shown to reduce symptoms such as physical aggressiveness, instability, and poor attention at school in all study participants (52 children) after 1-6 months of treatment.

Magnesium, together with vitamin B6, may also be beneficial for autistic patients. While no cure for autism is known, magnesium and B6 supplementation has led to remarkable improvement in many cases.

Diabetes/Metabolic Syndrome

Magnesium plays a major role in the secretion and effects of insulin. Supplementation with magnesium has been noted to improve insulin response and action, as well as glucose tolerance. Studies in patients with blood sugar problems have shown magnesium to be extremely beneficial.

Chronic Fatigue

Results obtained in clinical trials already during the 1960's showed that between 75 and 91% of almost 3,000 patients with fatigue experienced improvement with magnesium (concurrently with potassium) supplementation. The beneficial effects were often noted after 4-5 days of treatment. Similar results have also been reported in a more recent study.

Headaches/Migraine

In order to evaluate the preventative effects of supplemental magnesium, 81 patients with migraine (average attack frequency 3.6 per month) were given magnesium or placebo for 12 weeks. In weeks 9-12 of the study the attack frequency was reduced by 41.6% in the magnesium group compared to 15.8% in the placebo group.

Headaches due to muscle tension are also associated with magnesium deficiency.

Muscular Complaints

Because magnesium is needed to allow muscles to relax, a deficiency increases the likelihood of excessive muscle tension and may lead to muscle spasms (cramps), tics, restless leg syndrome, night muscle spasms and twitches.

Osteoporosis

Research indicates that magnesium may be just as important in the prevention and treatment of osteoporosis as calcium. Magnesium affects mineral metabolism in bone by a combination of effects on hormones and other factors that regulate these processes. A deficiency of this mineral has an inhibitory effect on osteoblasts (cells that build bone) and may result in increased osteoclast (cells that break down existing bone) activity.

Premenstrual Syndrome (PMS)

Several studies point to the effectiveness of magnesium supplementation in the management of PMS (weight gain, swelling of the extremities, breast tenderness, and abdominal bloating) and PMS-related mood changes.

Which Magnesium Supplements To Choose

Magnesium supplements are available in numerous salt forms as well as amino acid chelates. The absorption rate and tolerability may vary greatly between the different supplemental forms. Many are poorly tolerated at therapeutic doses due to the mineral's laxative effect.

Magnesium in its inorganic state (simple salt) is absorbed only to the extent of about 5-10%. Inorganic minerals must be altered from their natural state before they can penetrate the intestinal barrier. The most efficient way to achieve this goal is by combining them with amino acids.

MagSense contains magnesium bisglycinate allowing for faster and more efficient absorption.

SUGGESTED USAGE:

Mix 1 tablespoon/scoop (6.78g) in 150mL (5oz) of water or as directed by a health care practitioner.
Keep out of reach of children.

FORMULA:

Servings per container: 30

EACH TABLESPOON/SCOOP (6.78G) CONTAINS:

| | |
|--|---------|
| Malic acid | 1560 mg |
| L-aurine | 500 mg |
| L-glutamine | 500 mg |
| Elemental Magnesium (bisglycinate) | 280 mg |
| Inulin | 270 mg |
| Vitamin E (d-alpha tocopheryl acetate) | 80 mg |
| Potassium (aspartate) | 55 mg |
| Vitamin B6 (pyridoxine) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Vitamin B3 (niacinamide) | 20 mg |
| Di-calcium phosphate | 18 mg |
| Folic acid | 150 mcg |
| Molybdenum (citrate) | 60 mcg |
| L-selenomethionine | 25 mcg |
| Vitamin B12 (methylcobalamine)..... | 20 mcg |

Other ingredients: Stevia, silica, natural orange and lime flavour.



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www.HormoneHelp.com