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## THE MAGNESIUM ADVANTAGE

**Magnesium** is one of the most important minerals in your body. **It supports 80% of known metabolic functions**, which means there are approximately 1,000 enzymatic processes in your body that can't function without adequate magnesium as a cofactor.

Modern farming practices and lifestyle choices are likely the main contributors to a widespread magnesium deficiency epidemic, where **80% of the population are estimated to have a deficiency in this essential mineral.**

A high-quality magnesium supplement can help relieve a myriad of symptoms, but the most common ones from which people often find relief include:

- > poor sleep quality and daily fatigue
- > restless legs syndrome and muscle cramps
- > anxiety, stress, and irritability
- > bloating and water retention
- > lack of focus and performance
- > high blood pressure and elevated cholesterol levels
- > headaches and migraines



**MULTI-AWARD  
WINNING  
MAGNESIUM**



## TESTIMONIALS

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*MAG365 has been a lifesaver for me. For the first time in years I have zero anxiety - it was so bad it would wake me up at night. It's amazing to have it gone. I also used to suffer badly with reflux and constipation, but the magnesium has fixed both of those issues too, so that's another huge bonus!*

-Karen A.

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*I can actually tell the difference when my son does not take his magnesium. After seeing his results, I started taking the adult version myself. It has made a huge difference to my life. I highly recommend this product.*

-Margarita S.

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*I've been on this supplement for years. It's made such a difference to my anxiety and sleep. I was told to take magnesium, but it wasn't working for me. It turns out that's just because I wasn't taking a quality supplement. MAG365 fits the bill perfectly.*

-Curtis

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**MAG365**  
MAGNESIUM  
by ITL Health

YOUR **EVERYDAY**  
**MAGNESIUM**

ALLERGEN FREE  
& VEGAN

NO FILLERS



PURE IONIC  
MAGNESIUM  
CITRATE

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### > UNDERSTANDING IONIC

**MAG365** is made up of two ingredients: magnesium carbonate & citric acid. The addition of hot water causes the carbonate to disperse, which creates a fizz. The magnesium ion is then forced to bind to the citric acid, which essentially predigests the magnesium so that your stomach acid doesn't have to. This proprietary process is unique to **MAG365** and provides a natural, absorbable, effective and fast-acting ionic magnesium supplement that has been recognized with several awards and commendations.

Magnesium is present in every cell. Your body needs this essential mineral for multiple functions, and supplementing with an ionic formula results in the magnesium interacting with your cells immediately. Our unique formula is incredibly fast-acting — many users report feeling its effects within 20 minutes of taking a dose of **MAG365**.

Most magnesium citrate products are not as bioavailable as **MAG365** because they rely on your stomach acid to ionize the magnesium.

### > UNDERSTANDING COFACTORS

Magnesium works alongside several cofactors to help maximize several functions in the body. Many nutrients work together synergistically; if you are deficient in one, none of them are able to function optimally.

**MAG365 BF** is formulated with these cofactors for optimal results.<sup>1</sup>

#### > CALCIUM

Most of the population gets enough calcium (and often too much) through diet, as many foods are fortified with calcium. Moreover, the body continuously recycles its own calcium, leaving many people with a dangerous surplus. This calcium surplus begins to collect in the organs, arteries, brain, eyes and joints if we lack the proper cofactors needed to place it in the bones and teeth and eliminate any excess.

### > VITAMIN D3

Vitamin D3 cannot be utilized without enough magnesium; it will sit in your fat cells until it has enough magnesium to activate it. A 2013 study found that those who regularly supplement with magnesium were less likely to have low vitamin D levels. Researchers have further found that those with sufficient magnesium intake require less vitamin D supplementation to reach optimal levels.

Vitamin D is essential for optimal calcium absorption. Without sufficient levels, the body cannot form enough of the hormone calcitriol, which leads to insufficient absorption of dietary calcium.

Vitamin D also promotes the production of vitamin K-dependent proteins.

### > VITAMIN K2

Like vitamin D, vitamin K2 plays a central role in calcium metabolism.

K2 is important to prevent vitamin D toxicity, which causes a buildup of calcium in the blood (known as hypercalcemia). This can occur when supplementing with higher doses of D3 (important to get levels up) and not enough K2 to prevent calcium from accumulating in the wrong places.

### > BORON

Boron significantly improves magnesium absorption and deposition in the bone. It is also essential for the absorption of vitamin D.

All these cofactors work synergistically to keep your calcium levels balanced, which may lead to better cardiovascular, bone and nervous system health. ■



## MAG365

**MAG365** is an ionic magnesium supplement that is highly absorbable, effective and fast-acting. It is a natural magnesium (sourced from seawater) that helps relieve magnesium deficiency symptoms.

Available in **plain, exotic lemon and passion fruit**. Our flavours are all-natural and sweetened with stevia.

## MAG365 BF

Formulated to help you absorb dietary calcium and direct it to the right places in the body, particularly your bones. It includes **MAG365** with added vitamins **D3, K2** (MK-7), **C** and **B6**, plus **boron, potassium** and **zinc**.

## MAG365 BF PLUS CALCIUM

**MAG365** with added vitamins **D3, K2** (MK-7), **C** and **B6**, plus **boron, potassium, zinc** and **calcium**. **Recommended for professional athletes** and those with difficulty absorbing calcium.

## MAG365 KIDS

**Formulated for a child's growth**, concentration and immune system. It combines the great taste of **passion fruit** with a daily dose of **magnesium, calcium, zinc** and **vitamins C, D3, K2** (MK-7), **B1** and **B6**.