Folding Line

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FOOD **SUPPLEMENT**

ITL Health

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MAGNESIUM SUPPORTS **NORMAL NERVOUS SYSTEM** AND **MUSCLE FUNCTION**. IT ALSO CONTRIBUTES TO THE MAINTENANCE OF **NORMAL BONES AND TEETH**.

MAGNESIUM, **VITAMIN K2** AND **VITAMIN D3** CONTRIBUTE TO THE MAINTENANCE OF NORMAL BONES.

NO FILLERS
NO STEARATES
NO MAGNESIUM OXIDE
VEGAN • GLUTEN **FREE**

PrizMAG

PURE MAGNESIUM BISGLYCINATE

WHY PrizMAG?

CRUDE HEALTH ★★★★★ PLATINUM LOCKDOWN AWARD

PrizMAG is a stable and highly bioavailable chelate mineral complex that is easily absorbed and tolerated by the body.

PrizMAG is a pure magnesium bisglycinate magnesium supplement with no fillers, magnesium oxide or stearates.

This true amino acid chelated form offers the benefit of fast and complete absorption without interference and without the adverse effects of bowel intolerance associated with many magnesium supplements.

PrizMAG uses the amino acid glycine as a carrier because of its size and many health benefits. PrizMAG glycine chelates are small enough to transport directly into the cells.

PrizMAG+ combines our highly bioavailable magnesium bisglycinate with superior quality vitamin D3 and encapsulated vitamin K2. This vegan supplement is designed to help you absorb calcium from your diet, which supports both bone and cardiovascular health.

PrizMAG INGREDIENTS

Magnesium Bisglycinate.

Pullulan *(vegan capsule)*

Each capsule contains	
Magnesium	80mg

PrizMAG+ INGREDIENTS

Magnesium Bisglycinate, Vitamin K2 *(as menaquinone-7)*, Vitamin D3 *(cholecalciferol vegan from algae)*.

Pullulan *(vegan capsule)*

Each capsule contains		
Magnesium		80mg
Vitamin K2		25µg
Vitamin D3	280IU	7µg

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ALSO AVAILABLE

PrizMAG+

PURE MAGNESIUM BISGLYCINATE + VITAMINS K2 AND D3

MAGNESIUM AND YOUR HEALTH

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.

Magnesium is the fourth most abundant mineral in your body, yet your body can't produce it and must obtain it from food.

It is suspected that modern farming practices, which have depleted our soil, and the influx of prepackaged food consumption, have contributed to a wide-spread magnesium deficiency epidemic. Since most people aren't getting enough magnesium from their diet, some experts estimate that as much as **80% of the population is deficient 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:

RESTLESS LEGS SYNDROME AND **MUSCLE CRAMPS**

POOR SLEEP QUALITY AND SYMPTOMS OF **TIREDNESS**

ANXIETY, **STRESS**, AND **IRRITABILITY**

LACK OF FOCUS AND PERFORMANCE

BLOATING AND **WATER RETENTION**

HIGH BLOOD PRESSURE AND ELEVATED CHOLESTEROL LEVELS

WHAT IS MAGNESIUM BISGLYCINATE?

The human body is very efficient at absorbing individual amino acids. The amino acid glycine is readily absorbed across the intestinal wall. When two glycine amino acids "grab" and bond with a magnesium molecule, it becomes magnesium bisglycinate. The chelated magnesium is absorbed via the dipeptide channel into the intestinal walls and therefore has a higher absorption rate than most forms of magnesium.

Additionally, factors like pH and ionization have influence on the absorption of minerals and their final bioavailability in the circulatory system. Chelated minerals don't need ionization and are not pH dependent, which results in an improved absorption and higher bioavailability.

BETTER SLEEP?

Research has shown that glycine supports a range of conditions, but one of its most popular uses is to increase sleep quality. This, coupled with magnesium's ability to aid in restful sleep, makes Priz**MAG** a dynamic powerhouse that has helped countless people get a good night's sleep — and more importantly, feel rested in the morning.

In one study, volunteers who complained of sleep problems took either three grams of glycine or a placebo before going to sleep and were then evaluated when they woke up. The glycine participants reported **significant improvments after they woke up, including less fatigue, more liveliness, more peppiness, and greater mental clarity.** (1)

In another study, 10 healthy males who had no sleep complaints were evaluated for sleep quality spending their usual time in bed, which was an average of 7.3 hours. These participants were then either given a placebo or three grams of glycine and reduced their time in bed to 5.5 hours for three consecutive nights. At the end of the study, researchers reported glycine was associated with **significant improvements in fatigue, daytime sleepiness, and daytime performance after nights where sleep was restricted.** (2)

PrizMAG+

MAGNESIUM BISGLYCINATE WITH VITAMINS D3 + K2

A review published in The Journal of the American Osteopathic Association concluded that Vitamin D cannot be utilized without sufficient magnesium – it would remain stored and inactivate in the liver and kidney until proper levels of magnesium are achieved. (3) Vitamin D is also important for absorbing calcium. Without sufficient levels of Vitamin D, the body can't form enough of the hormone calcitriol, which leads to insufficient calcium absorption from the diet. When this occurs, the body must take calcium from the skeleton, weakening existing bones and preventing the formation of strong new bones. (4)

One of the most important roles of K2 is to metabolize calcium, which promotes bone mineralization while simultaneously preventing the calcification of the blood vessels, organs and joints. Vitamin K2 also plays a role in heart health and cancer prevention. (5)

Priz**MAG+** is designed to give you a synergistic balance between magnesium, Vitamin D3 and Vitamin K2 – three important nutrients for bone and muscle health, as well proper functioning of the nervous system and cardiovascular system.

Priz**MAG+** is vegan and uses Vitamin K2 trans-menaquinone-7 (MK-7), a bioactive encapsulated form of K2 that maintains its integrity until it enters your body.This is an important distinction since Vitamin K2 degrades in the presence of magnesium.

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