

Do you need to supplement with **magnesium**?

Studies show modern farming practices, **food processing methods** and **lifestyle factors** are the main contributors to **widespread magnesium deficiency**.² It is estimated that approximately **80%** of the global population are **deficient in this essential mineral**.³

Common symptoms of **magnesium deficiency**

Studies suggest the most common symptoms of **magnesium deficiency** may include:⁴

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



Understanding **ionic MAG365 Ionic Magnesium Citrate** is made up of only two ingredients: **magnesium carbonate & citric acid**. The carbonate disperses when water is added, forcing the **magnesium ion** to bind to the **citric acid**. This process is known as "**ionization**," which **enhances the solubility of magnesium and makes it more readily absorbed by the intestinal tract than other forms of magnesium citrate**.

Approximate **MAG365 activation time***

☐ ☐ ☐ ☐ a ☐ e ☐	=	30 seconds
☐ a ☐ m ☐ a ☐ e ☐	=	3 minutes
☐ ☐ ☐ ☐ a ☐ e ☐	=	30 minutes

* Failure to complete full activation time may result in digestive upset.

The **magnesium advantage**

Magnesium is one of the most important minerals in the human body, required for **80%** of known **metabolic functions**.¹



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MAG365

Drink.
Relax.
Repeat.



Your everyday
magnesium


Proudly made
in **Canada**

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The **MAG365** advantage

MAG365 is a natural supplement that comes in four great flavours.



● **MAG365 Unflavoured** contains only two ingredients: magnesium carbonate and citric acid. It has a naturally light and pleasant citrus taste, with no added flavours or sweeteners.



● **MAG365 Exotic Lemon** is naturally flavoured with a fruit called "Fingered Citron" (also known as "Buddha's Hand") and sweetened with steviol glycoside, the compound of the stevia leaf that is responsible for its sweet taste.



● **MAG365 Passion Fruit** is flavoured with real passion fruit and sweetened with steviol glycoside, the compound of the stevia leaf that is responsible for its sweet taste.



● **MAG365 Exotic Raspberry Lemon** is naturally flavoured with raspberry and citrus extracts. It is sweetened using steviol glycoside, which is derived from the stevia leaf.

MAG365 is free from artificial sweeteners, colours and flavours. And that's not all: **MAG365** is made in small batches to ensure you're getting the best quality supplement.

Every **4g** of **MAG365** delivers **375mg** of **elemental magnesium**.

The **MAG365** difference

MAG365 is owned and made by ITL Health, a small Canadian, family-run business. We ensure only the purest ingredients go into your product and we believe in full transparency. **Have a question about our product or our process?** Send us an email at info@itlhealth.com.

Please email info@itlhealth.com for references used.

Magnesium that makes a difference in more ways than one

Not everyone has been given equal access to the tools to succeed in life. We want to share our success. ITL Health is proud to donate \$.10 of every tub of magnesium sold to local nonprofit organizations.

Looking for more than magnesium?

We have additional products in the **MAG365** line!

MAG365 BF The **Bone Formula**

Most bone health supplements focus on calcium, where **MAG365 BF** takes a different approach: It contains key cofactors needed to help the body absorb dietary calcium while working synergistically to support bone health.

Studies suggest calcium supplements may raise overall risk for heart disease and may accelerate the deposit of calcium in blood vessels and soft tissues.⁵ This can lead to a wide range of illness, including atherosclerosis, cataracts, bone spurs, kidney stones and more due to calcium buildup.

Enter **MAG365 BF**: This synergistic formula contains magnesium, potassium, zinc, boron and vitamins B6, C, D3 & K2 to ensure dietary calcium is shuttled to where it is needed most in the body – the bones and teeth – and helps to prevent it from accumulating in dangerous places, such as the organs and blood vessels.

● Available in Unflavoured and Exotic Lemon

MAG365 BF is also available with **added calcium for athletes** or for those whose doctors have recommended calcium supplementation.

● Available in Unflavoured and Exotic Raspberry Lemon

MAG365 Kids

This kid-approved ionic magnesium citrate powder is formulated to help promote children's growth, concentration, and immune health. It combines the delicious taste of tangy lemon, juicy raspberries and sweet passion fruit with a daily dose of magnesium, calcium, zinc, and vitamins C, D3, K2, B1 & B6. It is formulated by mothers who ensure **MAG365 Kids** is made with only quality ingredients and free of common allergens.



Testimonials



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.



This product is liquid gold. In a week's time, my leg cramps have stopped, I am showing more signs of better movement. I am getting better sleep, and my anxiety is not so out of sorts.

-Anne T.



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



Love the taste of MAG365. The nightly leg cramps have subsided immensely and I sleep much better at night. So happy I found this product.

-Suzanne

MULTI-AWARD
WINNING
MAGNESIUM

your healthy living
Awards

BEST
STRESS RELIEF
PRODUCT