

# MAGNESIUM BECALM

essential biomineral

4 ounce

*HB*Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Magnesium and RO Water Twice Purified

## suggested use

One full dropper (4ml; a little more than  $\frac{3}{4}$  of a teaspoon) of Magnesium beCalm provides 296mg of magnesium.

Shake well before using. Sublingual (under the tongue) or add to a small amount of water. Hold in mouth 60 seconds before swallowing.

- Adults: 4ml (1 full dropper)
- Child 50-75lbs: 2ml (1/2 dropper)
- Child 30-50lbs: 1.3ml (1/3 dropper)

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

A critical mineral responsible for over 300 enzyme reactions, Magnesium is found in all of our tissues, but mainly in our bones, muscles, and brain.

Magnesium is the second most abundant element inside human cells and the fourth most abundant positively charged ion in the human body.

A deficiency in this critical nutrient makes you twice as likely to die as other people, according to a study published in *The Journal of Intensive Care Medicine*. It also accounts for a long list of symptoms and diseases which are easily helped, and often cured, by adding this nutrient.

Magnesium is required for energy production, oxidative phosphorylation, and glycolysis. It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant glutathione.

Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.

Early signs of Magnesium deficiency can include loss of appetite, nausea, vomiting, fatigue, and weakness. As Magnesium deficiency worsens additional symptoms may include numbness, tingling, muscle contractions, cramps, seizure, personality changes, abnormal heart rhythms, and coronary spasms.

Habitually low intakes of magnesium induce changes in biochemical pathways that can increase the risk of illness over time.

With its role in regulating the thousands of biochemical reactions that occur on an ongoing basis, sufficient Magnesium is essential to achieving the delicate balance necessary to the body's function.

The importance of Magnesium ions for life itself, as well as for overall vibrant health, is hard to overstate.