



THIS WEEK'S TOPIC

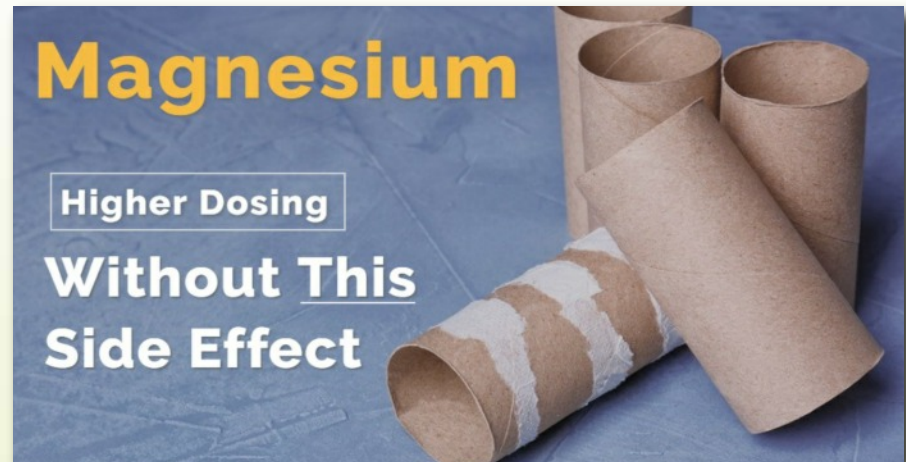
Acti-Mag Plus

" You need magnesium, and like most people, you're probably not getting enough in your diet."

According to RDA, 57% of the American public does not get enough magnesium in their diet. The RDA for magnesium is around 310 to 420 mg per day, depending on your age and sex. The average intake of magnesium in the USA is around 228 mg/day in women and 266 mg/day in men. The RDA was established to prevent disease; experts believe you need around 600 to 900 mg per day for optimal health.

Now just because someone eats foods rich in magnesium doesn't mean it gets absorbed. Refined carbohydrates, antacids, proton pump inhibitors, coffee and calcium excess all limit magnesium uptake. Once it gets absorbed and carried into tissue, insulin resistance, many prescription drugs and an acidic chemistry reduce magnesium pools even further.

The term "acidic chemistry" is confusing. Distilled water is neutral at 7.0. As the number increases it is alkaline, as it decreases below 7.0 it is acidic. Normal blood pH is



7.345- 7.445. A reduction in pH to 7.25 is still alkaline but it is acidic relative to optimal levels. Very small changes in pH create huge shifts in physiology. For example, reductions in pH result in excessive free radicals. To compensate, minerals like magnesium are pulled from tissues and bone to stabilize this delicate balance.

And let's not forget that many doctors are recommending 1200 mg of calcium for bone health. Taking calcium without magnesium further depletes magnesium stores. I hope you are getting my point. People need magnesium.

Magnesium is the second most abundant intracellular positively charged mineral after potassium. Mg is needed for over 600 enzymatic reactions including energy metabolism and protein synthesis. Since magnesium is needed for energy production it's no surprise that deficiencies have been associated with anxiety, asthma, depression, muscle cramps, diabetes, high blood pressure, heart disease, hormone problems, sleep issues, fatigue and irritability, migraines, kidney stones, osteoporosis and low levels of both vitamin D and K.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

I still remember a pharmacist, Jim Lavelle, lecturing at a medical meeting I was attending, "Give someone 500 mg of magnesium and you will see their testosterone levels double". Of course he was talking about someone who was low in magnesium but based on our conversation who isn't low? In this light I was excited to hear about a powdered magnesium product that has been one of the most popular products for Biotics Europe, Acti-Mag Plus.

One of the properties of magnesium is that it attracts water and creates a water soluble shell. So when you take a large dose of magnesium it creates a loose stool. For constipated American this is a blessing. But if you want to increase mineral storage it means taking a lot of capsules or a salty tasting powder that can cause diarrhea.

A form of magnesium called magnesium glycerophosphate solves that problem. Take a look at this table. (Show table) 20 volunteers were asked to take different forms of magnesium during a 28 day period. The dose was 400 mg of elemental magnesium. The first form was sulfate. 96% of the volunteers experienced diarrhea. The second was chloride. 78% experienced diarrhea. Oxide produced 47%, hydroxide 45%, carbonate 40% and so forth. Look at the bottom of the chart. 7% of the placebo group experienced diarrhea even though there was no magnesium present. Now look at the glycerophosphate group it had the same effect as the placebo.

Normally this is not a good thing but in this case it's a great thing. Less diarrhea means greater absorption. Another benefit of the glycerophosphate form is how safe it is. Magnesium when

given in high amounts is one of the minerals that are used with caution with kidney disease. The glycerophosphate form is the exact form used by the Edinburgh Renal Unit.

I mentioned earlier that magnesium is needed for 600 enzymes many of which are needed in energy pathways. Knowing this, Biotics added supportive nutrients to optimize and enhance energy production. Each scoop of Acti-Mag Plus provides 400 mg of elemental magnesium



in the glycerophosphate form. In addition B vitamins are added in their bio-available phosphorylated forms for energy and adrenal support. 200 mcg of folate as MTHF is added to support methylation. The formula was further enhanced by adding 425 mg of organic beet juice, 200 mg bamboo shoot extract and 200

mg of taurine.

Each of these additions have multiple roles but each were selected to combat stress and promote relaxation. Magnesium, B6 and to a lesser extent taurine, support the conversion of glutamate, an excitatory neurotransmitter to GABA, the brain's primary inhibitory neurotransmitter.

I hope you are making the connection that even though this is an energy formula, it takes energy to relax muscles. This makes Acti-Mag Plus an excellent natural anti-stress formula. Acti-Mag Plus has a pleasant berry taste, kind of like dilute unsweetened cool-aid.

You need magnesium, and like most people, you're probably not getting enough. So for a systemic magnesium formula to optimize energy, talk to your clinician and try Acti-Mag Plus.

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