

ADVANTAGE FOR ATHLETES: MAGNESIUM

- 1 Assists in Producing Energy for Your Body
- 2 Improves Strength & Respiratory Function
- 3 Relaxes Tight and Sore Muscles
- 4 Combats Fatigue and Muscle Weakness
- 5 Optimizes Post-Exercise Recovery
- 6 Boosts Your Quality of Sleep
- 7 Enhances Memory & Brain Function
- 8 Needed in over 300 Chemical Reactions in the Body
- 9 Fights Against Cardiovascular Disease
- 10 Helps with Nerve Health

With all the benefits of Magnesium, it's no wonder why it's one of the most deficient minerals in 80% of the population!

What the best way to get magnesium? Topically through the skin

Why not orally? Our bodies do not absorb it well enough as most of it is lost during digestive processes

**UNFORTUNATELY,
MAGNESIUM IS POORLY
ABSORBED AND EASILY
LOST!**

Resources:

Hyman MD, M. (2010, May 20). Magnesium: Meet the Most Powerful Relaxation Mineral Available. Retrieved from: <http://drhyman.com/blog/2010/05/20/magnesium-the-most-powerful-relaxation-mineral-available/>.

Lee, N. (2017). A Review of Magnesium, Iron, and Zinc Supplementation - Effects on Athletic Performance. The Korean Journal of Physical Education. 56(1). Pp. 797-806.

Sarah Nica, A. et al. (2015). Magnesium Supplementation in Top Athletes - Effects and Recommendations. Journal of the Romanian Sports Medicine Society, 11(1). Pp. 2482-2494.

Stevenson, S. (2016) Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success. New York, NY: Rodale. Pp. 58-61. 2016.



Visit the Resource Tab on OnTheGoSportsChiro.com for your recommended topical Magnesium options!!