



## **Magnesium - *Tri-Magnesium* by “Integrative Therapeutics”**

90 caps, 300 mg each per bottle offered at \$20.90

### Symptoms which supplementation may be helpful for:

- Muscle tension
- Muscle spasms/twitches
- Restless Leg Syndrome
- Insomnia
- High blood pressure
- Constipation or irregular bowel movements
- Osteoporosis
- Asthma prevention
- Menstrual cramps

Many of our clients suffer from extreme muscle tension, spasms, poor sleep, and irregular bowel movements - magnesium is frequently used to relieve this.

It is very safe to take - there are rarely any medication interactions, and very little risk of side effects.

**However, please make sure your practitioners know about all medications you take, and any cardiovascular conditions you know about and are treated for.**

It can be taken in doses up to “bowel tolerance” - meaning, that a high dose can cause loose or softer stools, sometimes very urgently.

It is best to start dosing low and taper up over a few days to avoid any strong bowel effects. If you experience these, then back your dose down.

Taking the dose in the evening before bed will help avoid this, as well as help with quality of your sleep.

### Suggested dosing:

Take one 300 mg capsule before bed for 3 nights. Then increase to 600 mg before bed thereafter. This dose is usually fine for most, but if you feel your body can handle an increase to 900 mg, you may do so after 3 more days. If you feel you need to back your dose back to 600 or 300 mg, you may do so at any time.



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Feel free to ask your practitioner any questions!