



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.

Feel free to ask your practitioner any questions!



Vitamin D3 drops by *pure encapsulations*

810 drops per bottle, which lasts more than 6 ½ months for a use of 4 drops/day! \$26.90

1000 IU = 1 drop

Recommended daily intakes from various organizations for adults:

Vitamin D Council: 5,000 IU/day (5 drops/day)

Endocrine Society: 1,500 - 2,000 IU/day (1-2 drops/day)

Vitamin D is important for making sure your muscles including your heart, lungs, brain work optimally, it improves bone density, and also aids in immune function.

It does this by managing calcium in your blood, bones and gut and helping cells all over your body to communicate properly.

A lack of vitamin D has been linked to conditions such as cancer, seasonal affective disorder, asthma, type-II diabetes, high blood pressure, depression, Alzheimer's and autoimmune diseases like multiple sclerosis, Crohn's and type-I diabetes.

Vitamin D gets manufactured and changed in the body to a hormone called calcitriol. This happens as it is needed. Your body gets to do this process with exposure to sunshine, the more skin exposure the more vitamin D the body produces.

There are only small amounts of vitamin D in food and smaller amounts aren't enough to give you what your body needs. There are only two sure ways to get enough vitamin D:

1. Exposing your bare skin to sunlight to get ultraviolet B (UVB).
2. Taking vitamin D supplements, Vitamin D3 is the best kind to take.

Vitamin D comes in a number of different forms, such as tablets, capsules and liquids. It doesn't matter what form you take, or what time of the day you take it. Most people can take vitamin D supplements with no problems. However, if you have certain health problems or take certain medicines, you may need to take extra care. Source: <http://www.vitamindcouncil.org>