

THE BRILLIANT BENEFITS OF

# PLANT-BASED MAGNESIUM

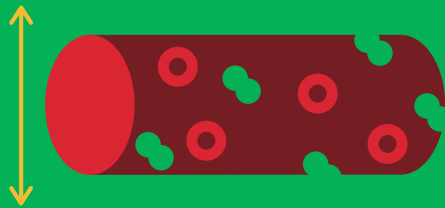


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**Mg**

Magnesium

Of the **MANY FORMS** of magnesium to choose from, **natural, whole food Mg** supplements are a superior choice.



cross the  
blood brain barrier (BBB)



enter cerebral spinal fluid  
faster and more  
effectively

stress

sleep



anxiety

brain fog

ideal for patients with Central  
Nervous System related concerns



supports cognitive capacity in  
times of stress

**G**allic **A**cid **E**quivalence

plants such as buckwheat and  
Swiss chard are rich in phenolic  
compounds (as measured by GAE)



Swiss chard and buckwheat are  
rich in vitamin K1, which is  
associated with better  
cognitive performance



consumption of green leafy  
vegetables helps maintain healthy  
whole body pH

optimal dose per  
serving (~85mg)

↑ bioavailability  
adverse  
gastric events ↓