

Magnesium

Magnesium is an essential mineral which helps to release energy from food and is critical for the development of healthy bones and for proper nerve function. Two capsules provides your 100% RDA of Magnesium.

Benefits:

- Needed for proper nerve and muscle function, works with Calcium.
- Beneficial for PMS, restful sleep and relaxation.
- Thought to be useful in treating headaches, particularly migraines. Buy Magnesium from one of our approved suppliers online now!