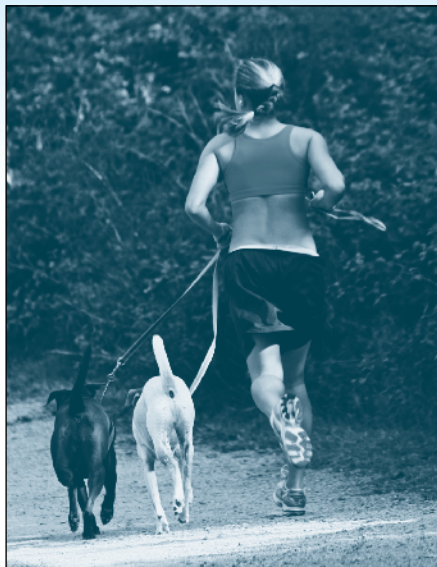


# MAG ACTIVE™

## IONIC LIQUID MAGNESIUM



Astonishingly, 72 percent of adult Americans fall short of the Recommended Dietary Allowance for magnesium. One reason may be our modern lifestyles—stress, refined grains, alcohol, soft drinks—all of these deplete the natural magnesium we get in foods. And there are other factors: widespread use of commercial fertilizers often don't add magnesium back to the soil, and this has certainly contributed to the lack of magnesium in our diets.

The importance of magnesium cannot be overstated: magnesium is a vital catalyst for enzyme activity, affecting over 300 enzymatic reactions in the body including supporting cardiovascular health, bone building, muscle relaxation, protein synthesis, energy generation and neurotransmitter activities that regulate moods and sleep.

Source Naturals MAG ACTIVE liquid is a potent source of the magnesium you need on a daily basis. It also supplies you with the microminerals your body needs for its highest function. Even in small quantities, the trace minerals enable the vitamins, enzymes and other body nutrients to work effectively for your overall health and vitality.



*Strategies for Wellness*™



## Mineral Wealth

We all know that nutrients are needed for a healthy body, but many don't know that nutrients such as vitamins, proteins, and enzymes require minerals to function properly. Minerals enable many biochemical processes in the body. Minerals are the cofactors that make enzyme functions possible and they are also essential for antioxidant-enzyme functions. When ionized, they are conductors of the body's electrical current. Likewise, microminerals have myriad functions in the body.

## Balancing the Basics

How do you know the most natural ratio of minerals to consume? The answer can be found all over the earth: sea water contains the same ratio of macrominerals and microminerals as the healthy human body—dozens of trace minerals, very similar in chemistry to human blood. Source Naturals MAG ACTIVE contains this same ratio. Mineral-rich water is purified, concentrated, and virtually all of the natural sodium is removed so it may be used by people who are on sodium-restricted diets.

## Ionic Absorbability

For body absorption, minerals in dietary supplements come in three forms: chelated, colloidal, and ionic. Chelated minerals are synthetically bound to organic molecules; some minerals can be absorbed, others cannot. Colloidal minerals are suspended in another substance and must be digested before they can be used. Ionic minerals were chosen for this product because chelated or colloidal minerals have to be incorporated into an ionic form to be used by the body. Why go through the extra digestive steps? Ionic trace minerals are absorbable immediately; in fact the absorption begins in the mouth, upon contact.

## Wellness Resource

Source Naturals has defined twelve deep metabolic systems for full-body health. Of the twelve systems in the SystemiCare™ program, six are positively and profoundly supported by MAG ACTIVE liquid magnesium and trace minerals: Energy, Inflammation Response, Hormones/Metabolism, Circulation, Cognition/Nerves, and Structure/Connective Tissue. Rarely does any dietary supplement have such a wide-ranging, powerful benefit for so many of the body's metabolic systems.

## References:

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Kidd, P. 1996, lecture presentation at Mineral Resources International, Ogden, Utah, Nov. 5, 1996.



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[www.sourcenaturals.com](http://www.sourcenaturals.com)



The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.