

MAGNESIUM SERENE™

Relaxing Drink for Daily Stress



Deadlines, money worries, anxieties with jobs, juggling more and more activities—there is little question that the daily stress of modern life disturbs our serenity, and ultimately takes a toll on our health. While we can't always remove the stressors, we can support our body so that it is better able to stay calm in the face of the tension of everyday life.

Americans are looking for a natural solution that will promote both

muscle relaxation and nervous system balance, and experts agree that maintaining an optimal intake of magnesium is essential for both of these functions. With this in mind, Source Naturals brings you **MAGNESIUM SERENE**—a relaxing drink for daily stress.

Great-tasting **MAGNESIUM SERENE** offers a convenient alternative to capsules and tablets. Just mix two teaspoons of either berry or tangerine-flavored **MAGNESIUM SERENE** in warm water and enjoy a tasty, effervescent beverage providing 800 mg of elemental magnesium from magnesium citrate. This bioavailable form of magnesium supports cardiovascular, bone, muscle and brain health.



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How Magnesium Helps

Magnesium is one of the most important minerals for maintaining wellness. While many are familiar with its roles in heart health, bone strength, and a healthy immune system, fewer people are aware of its role in muscle relaxation and nervous system balance. Magnesium is a vital catalyst for enzyme activity, affecting over 300 enzymatic reactions in the body including those which support muscle relaxation, energy generation and the brain neurotransmitter activities that regulate moods and sleep. Supplementation with **MAGNESIUM SERENE** can help relaxation and, at the same time, replenish magnesium to the body for all of its benefits: for heart, nerves, bones, immunity, and the many enzymatic processes which depend on it.

Supplementing with magnesium is becoming increasingly important because many of us aren't eating the types of whole foods which supply this mineral. When eating optimally, we consume magnesium through rich green vegetables, legumes and whole grains. The Western diet, however, is generally low in fresh produce and unrefined grains. Sadly, many of us compound the problem by exhausting the natural magnesium found in our diet by over-consuming beverages such as caffeine, alcohol and soft drinks—choices notorious for depleting dietary magnesium. Since low magnesium levels may lead to an increased release of stress hormones in the body, and these stress hormones may interfere with the body's ability to absorb magnesium, we are truly at risk for a twofold attack on our nervous systems.

Convenience

Great tasting **MAGNESIUM SERENE** is a convenient way to take magnesium, address our daily stressors and reclaim our sense of

serenity. Providing 800mg magnesium per serving and available in two flavors—berry and tangerine—the mix is formulated to effervesce in hot water. Magnesium citrate provides the elemental magnesium in **MAGNESIUM SERENE**—a bioavailable form of the mineral that has been shown in studies to be more soluble and better absorbed than some other forms.

SystemiCare™

Source Naturals looks at the entire body as a network of interrelated systems. We can support and align these various systems for an overall, preventative healthcare approach that is effective and understandable. We call this approach SystemiCare™—a systemic approach to wellness. In the SystemiCare model of health care, seven of the twelve deep metabolic systems—Energy, Inflammation Response, Metabolism/Hormones, Circulation, Cognition/Nerves, Digestion, Structure/Connective Tissue—are positively supported by the elemental mineral magnesium, making it a fundamental addition to overall health.

References:

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