



Supports **healthy muscle function** and **relaxation**.
Specially formulated to **restore** the body's **electrolyte balance**.

KEY BENEFITS

- ✓ Supports healthy muscle function and relaxation
- ✓ Helps relieve mild muscle cramps, twitches and spasms*
- ✓ Supports normal cellular energy production
- ✓ Contains magnesium that plays an important role in supporting exercise performance*
- ✓ Helps maintain electrolyte balance after exercise by compensating for magnesium depletion from sweating
- ✓ Contains magnesium, which plays an important role in maintaining a healthy cardiovascular system*
- ✓ Supports healthy sleeping patterns*
- ✓ Supports healthy nervous system function
- ✓ Contains magnesium and thiamine, which play an important role in supporting blood glucose metabolism in healthy people
- ✓ Plays an important role in supporting bone health

*When dietary intake is insufficient.

ACTIVE INGREDIENTS

Each dose contains:

Magnesium glycinate (OptiChel[®]MG) 2.24g, equiv. to magnesium 300mg; Plus nutrients: Ascorbic acid (vitamin C) 125mg; Thiamine hydrochloride 25mg; Riboflavin (vitamin B2) 5mg; Nicotinamide (vitamin B3) 25mg; Calcium pantothenate 25mg, equiv. to pantothenic acid (vitamin B5) 22.9mg; Pyridoxine hydrochloride 25mg, equiv. to pyridoxine (vitamin B6) 20.5mg; Biotin 100mcg; Folic acid 150mcg; Cyanocobalamin (vitamin B12) 150mcg; Choline bitartrate 25mg; Inositol 25mg; Taurine 500mg; Glutamine 400mg; Levocarnitine hydrochloride 122mg, equiv. to L-carnitine 100mg; Chromium picolinate equiv. to chromium 25mcg; Selenomethionine equiv. to selenium 25mcg; Zinc glycinate (OptiChel[®]ZN), equiv. to zinc 12.5mg; Plus *Cocos nucifera* fruit juice concentrate; equiv. to fresh (coconut water) 10g.

Suitable for vegans and vegetarians. Naturally sweetened with thaumatin. NO artificial colours or flavours, added yeast, gluten, wheat, nuts, dairy or animal products.

DOSAGE

Watermelon –

Adults: Take 5 grams (one scoop) once daily in water or juice.

Lemon Lime Zing –

Adults: Take 5.5 grams (one scoop) once daily in water or juice.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Vitamin and mineral supplements should not replace a balanced diet. Made in Australia.

PRODUCT FEATURES

- ✓ Contains magnesium glycinate, a highly bioavailable form of magnesium
- ✓ Includes B complex vitamins, amino acids and essential minerals
- ✓ Also contains coconut water
- ✓ Available in two delicious flavours - Lemon Lime Zing and Watermelon
- ✓ Naturally sweetened with thaumatin derived from a West African fruit called katemfe
- ✓ Can be added into your water bottle or stirred into juice or smoothies

BACKGROUND INFORMATION

THE IMPORTANCE OF MAGNESIUM

The adult body contains approximately 25g of Magnesium, with 60% found in the bones, 26% in the muscle and the remainder in soft tissue and body fluids. Magnesium is involved in over 300 essential enzymatic reactions in the body and adequate levels are vital for normal functioning of many important biological functions including nerve conduction, regulation of vascular tone, muscle activity and energy production.

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MAGNESIUM AND MUSCLES

Magnesium influences muscle contraction and relaxation through its effect on calcium metabolism in muscle cells. It relaxes muscles by inhibiting the release of cellular calcium and promoting its uptake. Symptoms of inadequate dietary magnesium intake are associated with muscle twitches and cramps, muscle weakness, disrupted sleep and restlessness.

Being a water-soluble mineral, magnesium can be lost through sweat and urine, so there is increased dietary intake required if we are exercising and sweating more. Magnesium also plays an important role in normal energy production.

WHY MAGNESIUM GLYCINATE?

Magnesium glycinate is an organic form of magnesium with high bioavailability (absorption and availability within the body). It's a fully reacted compound (i.e. every magnesium molecule is chemically bonded to two molecules of glycine), and is delivered intact to the intestines for easy absorption. Magnesium glycinate is highly stable and electrically neutral, which supports its absorption.

COMPANION PRODUCTS



Stress & Anxiety – Contains herbs traditionally used in Ayurvedic medicine to improve resistance to stress and relieve symptoms of mild anxiety in traditional Chinese Medicine (TCM).



Tienchi Ginseng - Contains Tienchi ginseng, used in TCM to promote healthy blood flow.