



NATURE'S SUNSHINE

Magnesium Complex

GOOD FOR

Heart

Brain

Kidneys

SIZE **100 Capsules**ITEM # **1859**SERVING **2**SUPPLY **25 days**DIRECTIONS FOR USE **Take 2 capsules twice daily with a meal.**

— How the Key Ingredients Work

Magnesium is one of the most essential minerals your body relies on every single day, quietly supporting hundreds of processes from head to toe. This complex delivers magnesium in a form your body can put to work right away, helping you feel balanced, energized, and resilient.

Magnesium for Stress & Adrenal Support — When life gets hectic, your body burns through magnesium faster than usual. Keeping your levels topped up helps your stress-response system stay balanced, so you're less likely to feel that wired-but-exhausted feeling that comes with prolonged pressure and busy days.

Magnesium for a Calm, Relaxed Mind — Multiple studies show magnesium can have a gentle calming effect, especially in people whose levels are running low. It supports the signaling pathways in your brain that promote relaxation, making it a go-to mineral for anyone who wants to take the edge off everyday tension and worry.

Magnesium for Heart & Artery Health — Your arteries need to stay flexible and responsive to keep blood flowing smoothly. Research shows magnesium supplementation can help support healthy arterial flexibility, and it plays a role in keeping the inner lining of blood vessels functioning well — a quiet but important contribution to cardiovascular wellness.

Magnesium for Antioxidant Defense — Low magnesium levels are linked to higher levels of oxidative stress in the body — essentially more wear and tear at the cellular level. Maintaining healthy magnesium status helps support your body's natural defenses against that everyday cellular stress, keeping your cells in better shape over time.

Magnesium for Bone Strength — Calcium gets most of the credit for strong bones, but magnesium is right there alongside it, playing a vital role in maintaining bone integrity. A good portion of the body's magnesium is stored in bone tissue, where it contributes to structural support and overall skeletal health throughout life.

Magnesium for Natural Energy — Feeling sluggish? Magnesium is central to how your body produces and uses energy at the cellular level. It's involved in hundreds of the reactions that convert the food you eat into usable fuel, so keeping your levels healthy is one of the simplest ways to support steady, sustained energy day to day.

Magnesium for Muscle Function — From your heart muscle to the muscles you use at the gym or on a walk, magnesium is essential for proper muscle contraction and relaxation. It helps muscles work smoothly and recover well, which is why athletes and active people often pay close attention to their magnesium intake.

Magnesium for Nervous System Balance — Your nervous system relies on magnesium to send and receive signals properly. It helps regulate neuromuscular communication — the back-and-forth between your nerves and muscles — so everything from your reflexes to your sense of calm can function the way it should.

Magnesium for Immune Resilience — A well-functioning immune system needs the right nutritional foundation, and magnesium is part of that picture. Healthy magnesium status is associated with better immune defense, helping your body stay prepared to respond when it needs to without overreacting in ways that cause unnecessary stress on your system.

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