

Magnesium for Deficiency

for relaxation, muscle cramps, & sleep issues try these supplements

Oral

- Natural Calm or a similar drink mix (mag citrate)
- DIY Magnesium Supplement drink (magnesium carbonate) or Alkaline Water (recipes at Gwen's-Nest.com)

- Magnesium Glycinate Chelate capsules (Albion patented only)

Topical

- Magnesium chloride baths, spray, etc.
- Epsom salts- (magnesium sulfate) baths, sprays, or creams



Magnesium for Constipation

gentle and non-habit forming supplements for constipation relief

Tablets

- Magnesium oxide
- Magnesium citrate
- Magnesium carbonate



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Liquids (oral)

- Milk of Magnesia (mag sulfate)
- Magnesium citrate
- Epsom salts- (magnesium sulfate) in liquid as directed on package.



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Directions:

Cut on outer dashed lines and fold on inner dotted lines to create a wallet sized reminder card of the best forms of magnesium.

One to keep and one to share!

