

MAGNESIUM

Essential Bio-Available Mineral

Eniva Magnesium is a specialized liquid mineral Magnesium. It is the seventh most abundant mineral in the earth's crust and may be one of the most important nutrients for humans. It is an essential nutrient that is required for many biologic functions, including over 300 enzymatic reactions.

One of Magnesium's most important functions is in maintaining the function of the nervous system and neuromuscular transmission.* In addition, 50-60% of the Magnesium in the body resides in bone. Magnesium works closely with Calcium to help promote healthy bones.* The human body needs water-soluble Magnesium to utilize Calcium properly. Your body needs about two parts Magnesium for every one part Calcium for best antioxidant effects.*

If you have proper Magnesium levels, the body can use the Calcium it needs and discharge the rest. Most people have more Calcium in their diets than they need, but an absolute shortage of Magnesium.*

Can Provide Support for

- Healthy cardiovascular electrical impulses*
- Healthy bone and bone structure*
- Airway health*
- Normal calcium balance in organs*
- Muscle health*

Features of Eniva Magnesium

No Stimulants • No Artificial Colors or Flavors
Gluten Free • Diabetic Friendly • No Pasteurization
Vegetarian Friendly • No Fish Ingredients
Cold Processed • No Irradiation

DIRECTIONS:

Adults: 1 ounce daily (30 mL). Best if divided 15 mL a.m. and 15 mL p.m. Shake well before using.

RECOMMENDATIONS:

May combine with 8 ounces of water/juice. Increased dosages of magnesium may increase likelihood of loose stools. If stool loosens, reduce amount taken.



Supplement Facts

Serving Size: 1 Fluid Ounce (30 mL)
Servings Per Container: 32

	Amount Per Serving	% Daily Value
Magnesium	400 mg	100%