

Essential Magnesium

Why This Supplement?



Dr. Marc Harris ND meticulously formulated Essential Magnesium to address widespread magnesium deficiencies linked to anxiety, migraines, chronic pain, heart disease, and diabetes. Using magnesium glycinate, it offers superior bioavailability, promoting overall health, better sleep, bone strength, and heart function.

What Sets Us Apart?

Just like your Health Professional, Optimal Health Systems cares about patients, which is why we exclusively create supplements with nutrients derived from whole foods—not cheap, synthetic alternatives. Rest easy, knowing you're getting the best nutrition possible.

The Results!

Taking Essential Magnesium provides relief from anxiety, promotes better sleep, maintains bone density, regulates blood sugar, and supports heart health. With chelated and methylated forms, it ensures optimal bioavailability for comprehensive well-being.

Quick Facts!

- **Bioavailability Champion:** Essential Magnesium uses magnesium glycinate, maximizing absorption and providing superior bioavailability for optimal health benefits.
- **Holistic Wellness:** Dr. Harris's formula supports sleep, bone density, heart function, and blood sugar regulation, addressing diverse health concerns.
- **Methylation Expertise:** Crafted by Dr. Marc Harris ND, Essential Magnesium reflects purity, potency, and life-changing results in promoting overall health.



Dosing

Take 3 capsules daily, or as directed.

Supplement Facts

Serving Size: 3 Veggie Capsules
Servings Per Container: 30

Amount Per Serving		%DV
Magnesium (as Magnesium Bisglycinate)	432 mg	103%

**Daily Value not established

Other Ingredients: Vegetable Capsule, Plant Based Magnesium Stearate.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

For full details and latest supplement facts, visit:
www.ohs4life.com/mag