



## A Simple Fix for a Common Problem (Magnesium Deficiency)

### Keep Moving

Provides your body with a healthy dose of magnesium to help your muscular system, nervous system, and bones to function properly.

### Fill the Gap

Great for getting nutrients that even grown produce cannot provide anymore because our soil is depleted.

### Calm Restoration

Promotes increased calmness and better sleep by reducing anxiety and increasing glycine levels.

### Lactase:

Because magnesium plays a role in muscle health, it is beneficial for heart health and helps it maintain a steady rhythm.



Dairy-Free



GMP  
Certified



Non-GMO



Opti-Blend



Whole Food



Gluten-Free



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