



info@juliathuntermd.com

Magnesium 125– Please Print Out.

Chelated **or cellular** – **NOT Citrate (causes diarrhea)** - - start with 1 pill per day at bedtime. Increase every week to a max of 2 pills AM and PM. Too much may cause loose stool. If this occurs, stop for 2 days then cut back by 1 pill per day.

Shown to be essential for every cell health, helps address potential high blood pressure, asthma, insomnia, pain, constipation, twitches, restless legs, and muscle cramping.