

# Magnesium for Exercise and Performance



Beyond its role in normal muscle function and maintaining blood glucose levels that are already within the normal range, magnesium may be of even greater benefit to athletes and active individuals. Physically active adults may have increased magnesium requirements, and supplementing with magnesium has been linked to performance benefits. Magnesium supplementation has been shown to promote muscle strength and power. In short, magnesium has some pretty magnificent benefits for active individuals!

Unfortunately, the data shows that most Americans fall short of their magnesium needs. Active clients may experience performance benefits by optimizing their magnesium intake—and the general population may benefit, too.

Certainly, careful dietary planning can help, but the typical Western diet, high in sugar and refined carbohydrates (which are devoid of magnesium) and high in protein (a factor in altering our requirements), can lead to magnesium insufficiency. And supplementation with certain types of magnesium can come with side effects, such as nausea and diarrhea, that interfere with an active lifestyle.

OMG! is formulated with a proprietary form of magnesium, magnesium bisglycinate chelate, which is not only gentler on digestion but also tasty, portable, and easy to take. That means OMG! can help your clients meet their magnesium needs without the issues associated with some other forms of supplemental magnesium.

**We hope you'll share the power of OMG! Nutrition with your clients.**

**[Learn more at omgnutrition.com](https://omgnutrition.com)**

**\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**



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