



Magnesium for Gut Health

It's an unfortunate irony: Proper nutrition is essential for a healthy gut, but many gastrointestinal (GI) disorders result in poor dietary intake and absorption of key nutrients, as does taking certain medications, such as proton pump inhibitors. Magnesium deficiency, in particular, is common among this patient population. Therefore, for your patients with GI conditions, supplementing with magnesium is a good idea.

Eating a diet high in magnesium-rich foods isn't always possible for people with GI issues. Some of the best food sources of magnesium include green vegetables, nuts, seeds, and whole grains. These high-fiber foods are frequently noted to worsen symptoms in people with various GI conditions. Plus, people living with GI disorders often report poor appetite, fear of food, and other dietary restrictions. Any or all of the above can result in poor dietary intake of magnesium.

Supplementing with magnesium seems like an obvious solution for these individuals, but some magnesium supplements cause diarrhea and other GI side effects. Besides, pills can be tough to swallow, especially for people with GERD.

OMG! Nutrition has made magnesium supplements more palatable, even for people with GI issues. OMG! is formulated with a proprietary form of magnesium, magnesium bisglycinate chelate, that doesn't cause the unpleasant side effects of some other magnesium supplements.

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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