



Magnesium for Heart Health

When it comes to better heart health, key lifestyle strategies like managing weight, eating well, getting appropriate levels of physical activity, and quitting smoking are the gold standard. But beyond those tactics, a magnesium supplement may be of added value.

Magnesium is thought to maintain heart health by supporting:

- Endothelial functioning
- Blood pressure levels that are already within the normal range
- Heart rhythm
- Healthy lipid metabolism

Low levels of magnesium are common among the general population, and in particular among older adults, those with GI conditions, people on certain medications, and those with alcohol dependence. If you're recommending a magnesium supplement to help your clients fill the gaps in their diet, you can feel good about OMG! Nutrition.

For patients concerned about maintaining heart health, OMG! Nutrition provides the power of magnesium...but better. 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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