



Magnesium for Stress and Sleep

The numbers tell the story: 45 percent of Americans say they suffer from occasional sleeplessness, which may be related to everyday stress. The same percentage say stress sometimes keeps them up at night.

Magnesium gets a lot of attention for its role in stress and sleep, and for good reason. Supplemental magnesium can help regulate the body's response to stress and can help promote feelings of calm and well-being. It also acts on the same pathways as some sleep agents and may help prepare the body to relax for sleep—without causing residual drowsiness.

For your patient who may be looking for natural solutions for common concerns like stress and occasional sleeplessness, OMG! Nutrition delivers 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

*** 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.**



OMGNUTRITION.COM