



Better Wellness for Women

When it comes to women's health, certain issues tend to bubble to the surface in conversation: maintaining healthy bones, PMS, and stress. And while there are many ways to help with these concerns, magnesium can be an effective solution. Here's why:

- Magnesium supplementation can help regulate the body's response to stress and promote feelings of calmness and wellbeing.
- A number of studies have linked magnesium—alone or in combination with other nutrients—to improvements in common symptoms of PMS.
- Supplemental magnesium has been found to help support bone health.

There are two simple ways to make sure you're hitting your daily magnesium requirements:

Embrace magnesium-rich foods. If these foods aren't routinely on your menu, there are easy, tasty ways to slip them in. Whip up a smoothie with spinach or kale; snack on pumpkin seeds or almonds (alone or alongside a piece of fruit); serve a whole grain side dish (think brown rice or quinoa); top a salad with chickpeas or an egg scramble with black beans. Make these changes over time with the goal of increasing your magnesium intake.

Consider taking a magnesium supplement. For many people, eating enough green leafy veggies, whole grains, nuts, and beans every day can be a challenge. Furthermore, commonly prescribed medications, GI disorders, and alcohol can all interfere with magnesium absorption. If you're supplementing with magnesium, be sure to take it in a form that your body can absorb. Some magnesium supplements may cause diarrhea or have other side effects, and some forms are more easily absorbed than others. OMG! Nutrition products are formulated with high-absorption, gut-friendly magnesium bisglycinate chelate, available in tasty single-serve packets.

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

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