



Magnesium and Women's Health

Surveys show that most adults fall short on meeting their magnesium needs through diet alone—and considering the benefits associated with this mineral, especially as it relates to women's health, a supplement may be a good idea for many. Magnesium has received a lot of attention for the following women's health concerns:

Stress and tension. Magnesium supplementation can help regulate the body's response to stress and can help promote feelings of calm and well-being.

PMS. A number of studies point to the fact that magnesium—alone or in combination with other nutrients—leads to improvements in common symptoms of PMS.

For women looking for natural solutions to cope with these conditions, OMG! Nutrition provides the power of magnesium...but better.

Better absorption, better digestion, better mode of delivery: OMG! is formulated with a proprietary form of magnesium, magnesium bisglycinate chelate, which is gentler on digestion and formulated in a tasty, portable, and easy-to-take packet. 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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