

BOOST YOUR IMMUNE SYSTEM

MAGNESIUM COLLOID

Magnesium

Magnesium is essential to the human body, over 300 essential metabolic reactions require the presence of magnesium ions for their catalytic action. Magnesium plays a structural role in bone, cell membranes and chromosomes, and proteins, fatty acid formation, the clotting of blood and the activation of B group vitamins. It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong.

Magnesium-rich Food

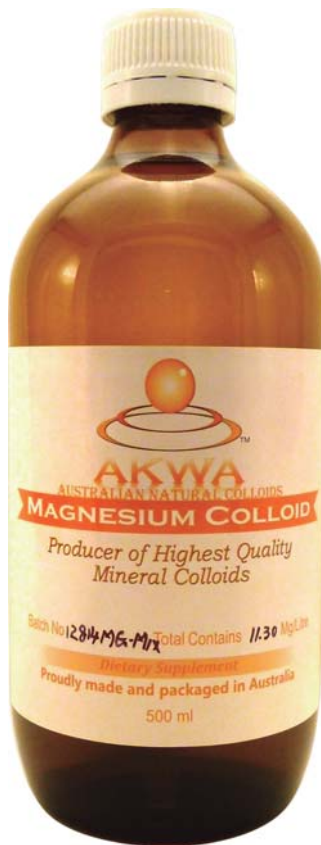
- Green leafy vegetables
- Hazelnut 、Almonds 、Cashews
- Whole grains 、Wheat bran
- Grapes 、Banana 、Avocado
- Legumes

Upper Level of Intake-Magnesium

Tolerable Upper Intake Level(UL)for adult is 350mg.How much magnesium did you drink? If the concentration 11.30mg/Litre shown on label, and was taken 20CC , therefore $11.30 \times 0.02=0.23\text{mg}$ would be taken.

The human body loses considerable amounts of magnesium through sweat. The recommended daily intake for a healthy person of normal activity is 6mg per kilogramof body weight.

* Nothing will replace a good diet and regular exercise. This is information only, not intended to provide any medical advice.



Magnesium deficiency

- Menstrual migraines
- Sleep disorder 、Vertigo
- Muscle “ties” Muscle cramp
- Depression 、Agitation 、anxiety
- Chronic pain 、Osteoporosis
- Tremors
- Poor nail growth

Product Information

- Each batch of AKWA product was tested by a NATA accredited laboratory to ensure the product is of a consistently high standard.
- Store in a cool place. Do not freeze. Keep out of direct light. Keep away from magnetic fields and electrical current.
- Taken orally and hold under the tongue as long as possible before swallowing. This allows the ions and particles to be absorbed through the skin beneath the tongue.