

Top 10 Magnesium Facts

This magnesium guide is to shed light on the importance of magnesium and how it can help you reach your health goals.

1. Magnesium is necessary for the proper functioning of 700-800 enzyme systems in the body. Enzymes are like keys to our vehicles, if we can't turn them on, certain functions throughout our body can shut down or not work at all. That is why over 50+ symptoms people experience can be attributed to magnesium deficiency.
2. Around 80-90% of Americans today are deficient in magnesium.
3. We are not getting enough magnesium today from our food. From acid rain, industrial revolution, pollutants introduced in our environment, and modern mono-crop farming have all destroyed our soil. If the food you're eating is not grown in nutrient-rich soil, then it is nearly impossible to get even half of the daily recommended dose of 420mg (we believe the daily goal should be 600mg+).
4. There are 1000-2000 mitochondria in each human cell, and ATP is made in each one through a series of eight steps called the Krebs cycle. Six of the eight steps in that cycle depend on magnesium. If you are looking for more energy, magnesium is needed!
5. Magnesium deficiency is a major factor in chronic fatigue, diabetes, heart disease, high blood pressure, migraines, IBS, heartburn, and high cholesterol. The drugs used to treat all these conditions deplete magnesium, often making symptoms worse.
6. Most forms of magnesium are merely 4-30% absorbable. The most natural form of [magnesium \(bicarbonate\)](#), which is found in pristine spring water, is 90-100% absorbable and utilized deep into our cells.
7. Calcium depletes magnesium in the body and many people get too much of the wrong forms of calcium. Either as supplements, pasteurized dairy products, or fortified foods.
8. The standard magnesium tests done in hospitals and clinics are not an accurate measure of our actual magnesium status. The serum test is highly inaccurate. We should instead test our magnesium RBC (red blood cells) or an ionized magnesium blood test.
9. Magnesium is a mineral that gets burned the fastest under physical, environmental, and emotional stress. This is extremely important on why we need more magnesium than ever because it gets depleted daily.

10. Dr. Russell Beckett was a former vet doctor in biochemical pathology. He found [magnesium bicarbonate](#) was attributed to doubling the life of cattle and even claimed to cure ailments such as osteoporosis, arthritis and more.

If you want to try the world's best magnesium trusted by 55,000+ customers, head to www.mitigatestress.com and use code **NEW20** for 20% off our upgraded magnesium bicarbonate formula.

In Christ,
Nick & Nathan