

WHY OUR MAGNESIUM BICARBONATE?

- 01 **Cardiovascular/Heart Health** – Reduce Risk of Heart Disease & Heart Attacks Up to 50% of sudden heart attacks may be due to magnesium deficiency. - Dr. James Pierce Ph.D
- 02 **Mental Health/Anti-Stress/Better Sleep** – Adequate Magnesium Levels help with Enhancing Mood, Cognitive Function, While Reducing Anxiety, Pain, Depression & Stress. Magnesium is crucial for the synthesis and function of neurotransmitters such as serotonin and dopamine.
- 03 **Bone Health/Reduced Risk of Osteoporosis** – (60% of magnesium in our body is stored in the bones) Magnesium also plays a vital role in regulating calcium levels in the body, naturally preventing calcification build up in the soft tissue.
- 04 **Insulin Sensitivity/Blood Sugar Regulation + Antioxidant Activity** – Magnesium plays a role in glucose metabolism, low levels of magnesium are associated with insulin resistance and a higher risk of type 2 diabetes. Magnesium also enhances the activity of glutathione, one of the body's most important antioxidants. This helps mitigate oxidative stress, which is linked to various chronic diseases.
- 05 **Energy/ATP Production + Improved Digestion** – Protein Synthesis, DNA/RNA Synthesis, Cell Division/Growth + Metabolic Health & Reduced Inflammation. Adequate Magnesium has also been shown to stabilize cell membranes and is essential for cellular signaling.
- 06 **Improved Digestion + Soothing Alkaline Electrolyte Solution** – Magnesium improves motility and digestive regularity. Magnesium Bicarbonate buffers acids to help balance an overly acidic body and create a more alkaline environment thus reducing systemic inflammation while maximizing your body's hydration.
- 07 **Natural Detoxification Agent & Hormone Regulator** – Magnesium has been proven to detox heavy metals out of the brain as well as excess amounts of estrogen by supporting phase 2 detoxification pathways in the liver. Magnesium also has been shown to improve the function of the adrenal glands by also reducing excess amounts of stress hormones such as cortisol.
- 08 **Dietary Deficiency** – Despite how essential it is to acquire magnesium daily, many people do not get enough in their diet, especially in the optimal form, which is magnesium bicarbonate. Most of our modern food is grown with NPK fertilizer (3 minerals), tap water, and in soil that has been virtually destroyed through years of unnatural farming practices and chemical intervention.

WHY MAGNESIUM?

Magnesium is the fourth most abundant mineral in the human body. We call it the master mineral, as every other mineral depends on it to function optimally. Almost 42% of the body's enzymatic functions literally depend on magnesium. Calcium contracts our muscles, and magnesium relaxes our muscles. Reminder, your heart is a muscle.



Questions?

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MITIGATE
STRESS



MASTER MINERAL DRINK

MAGNESIUM BICARBONATE

Experience the power of the most absorbable, purest, and potent magnesium on the planet.

WHY DO YOU NEED MAGNESIUM?

- ▶ Improve Sleep + Reduce Anxiety + Increase Energy
- ▶ Mitigate Stress, Depression + Improve Mood
- ▶ Blood Sugar & Hormonal Regulation
- ▶ Enhance Heart & Bone Health
- ▶ Enhance Digestion + Natural Detoxifier
- ▶ Ultimate Hydration & Electrolyte Solution
- ▶ Reduce Systemic Inflammation, Soothe Pain
- ▶ Reduce Risk of Chronic Disease



HOW TO TAKE MAGNESIUM BICARBONATE:

WHEN To Take It: Keep Magnesium Bicarbonate Away From Food – Magnesium Bicarbonate will greatly dilute your stomach acid (HCL); however, if consumed on an empty stomach, it will stimulate more HCL production over time, which can actually enhance digestion, so be strategic, be careful, and be aware when you consume it.

Methods of consumption:

1. **LAST MEAL:** Always keep magnesium bicarbonate at least 30-60 minutes away from your last meal.
2. **NEXT MEAL:** Keep magnesium bicarbonate at least 30 minutes before your next meal. Magnesium bicarbonate can actually aid in digestion by stimulating HCL production.
3. **Serving Suggestion:** ½ Ounce per serving. Daily serving is ½ Ounce or more. When first starting with the product, we suggest half the serving size or less.

Option A - Start with half dose or full dose, depending on supplement sensitivity, with 8-12oz glass of water, sip slowly.

Option B - Split dose into 2 to 3x per day

HOW To Take It: Ideally, magnesium bicarbonate should be distributed in small doses throughout the day to maximize its absorption and overall efficacy. Simply add our magnesium bicarbonate to your normal, daily water intake and sip slowly throughout the day. Always start low and slow, so start with a half dose (half of the 1 ounce or even less, and sip slowly throughout the day.

OUR PROPRIETARY BLEND

Why Choose Mitigate Stress Magnesium Bicarbonate?

Our formula is the most absorbable, purest, and most potent form of magnesium on the planet. Magnesium bicarbonate is a water-suspended hydrating salt that was once found in our natural water supply; however, this is predominantly no longer the case due to modern industrialization, water treatment facilities, acid rain, and chemical runoff (as we stated earlier). We are simply replacing what has been stripped out of nature.

Our proprietary water-suspended formula is 80-90% absorbable, whereas most other forms on the market are mass produced in labs, using chemicals, solvents, fillers, pills, powders or tablet forms, which are merely 4-30% absorbable, rendering them unrecognizable by the human body and easily disposed of due to their systems of delivery. Even chelated forms are only a fraction of the efficacy of magnesium bicarbonate. In other words, with our formula, you absorb more magnesium per dollar without the harmful side effects commonly associated with cheap forms of magnesium, making our magnesium bicarbonate the most cost-effective and safe method of delivery without sacrificing the highest quality ingredients on the market.

**ORDER THE
NEW 16OZ
BOTTLE**

