

Reduce Insulin Resistance with Magnesium

FLCCC
ALLIANCE




**Magnesium has demonstrated
the ability to reduce insulin
resistance.**

FLCCC
ALLIANCE



Magnesium plays many crucial roles in the body, such as supporting muscle and nerve function and aiding in energy production.

FLCCC
A L L I A N C E



Adequate levels of magnesium in the body are essential for the absorption and metabolism not only of vitamin D but also calcium.

FLCCC
ALLIANCE




Magnesium converts vitamin D into its active form so that it can help calcium absorb.

A 3D molecular model of a protein structure. The protein is represented by green and purple ribbons, with orange spheres scattered throughout the structure. The background is black.

Magnesium stimulates a particular hormone, calcitonin.

FLCCC
ALLIANCE



Calcitonin helps to preserve bone structure and draws calcium out of the blood and soft tissues and back into the bones.

FLCCC
A L L I A N C E

A woman with white curly hair is shown from the chest up, looking down with a concerned expression. She is wearing a light-colored sweater. The background is a plain, light-colored wall. A teal banner is overlaid on the image, containing white text.

**This helps prevent osteoporosis,
some forms of arthritis, and
kidney stones.**

FLCCC
A L L I A N C E



Foods rich in Magnesium include:






Nuts
Seeds
Whole grains
Beans
Leafy vegetables
Milk and yogurt
Fortified foods

FLCCC
ALLIANCE

A close-up photograph of a person's hand holding several white, oblong pills. The hand is positioned in the center of the frame. A semi-transparent teal overlay covers the middle portion of the image, containing white text. The background is a soft-focus indoor setting with a green plant on the left and a wooden surface on the right.

**These forms of Magnesium will
readily increase Magnesium
levels:**

FLCCC
A L L I A N C E

- 
- **Magnesium Taurate**
 - **Magnesium Malate**
 - **Magnesium Glycinate**
 - **Magnesium L-Threonate**

Magnesium

24 3050

FLCCC
A L L I A N C E

A close-up photograph of a person's hand holding a small, light-colored, cylindrical pill between their thumb and index finger. The background is a soft, out-of-focus green and white, suggesting an outdoor setting. A teal-colored banner is overlaid across the middle of the image, containing white text.

**A starting dose of 100 to 200 mg
daily is suggested.**

FLCCC
A L L I A N C E



Increase the dose as tolerated up to 300 mg daily for women.

supplement, take one softgel one to four times per day with water.

WARNING: Do not take this product if you are pregnant or nursing.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
of Oregano Extract (Origanum vulgare) 10:1 concentrate (aerial) extra-virgin olive oil	150 mg

etary supplement, take one capsule three times per day with water and

Supplement Facts


Size 1 Capsule

Amount Per Serving % Daily Value


Enzyme Q10



FLCCC
ALLIANCE



**And increase to 400 mg daily
for men.**




FLCCC
ALLIANCE

A person wearing a white lab coat is shown from the chest down to the waist. Their right hand is resting on their stomach. A teal banner is overlaid across the middle of the image, containing white text. The background is a bright, slightly blurred indoor setting.

Side effects of Magnesium may be stomach upset or diarrhea.

FLCCC
ALLIANCE

A photograph of three healthcare professionals, likely nurses or doctors, wearing blue scrubs. They are looking directly at the camera with neutral expressions. The image is overlaid with a teal semi-transparent banner containing white text.

**Always check with a healthcare
provider before taking
supplements.**

FLCCCC
A L L I A N C E

A close-up photograph of a hand holding a yellow plastic pill bottle. The bottle is tilted, and several white, round pills are spilling out. The background is blurred, showing more of the hand and the bottle. A semi-transparent teal banner is overlaid across the middle of the image, containing white text.

**Always check to make sure that
Magnesium does not interact
with your medications.**

FLCCCC
A L L I A N C E

For more information see our I-CARE: Insulin Resistance Protocol

<https://covid19criticalcare.com/treatment-protocols/insulin-resistance/>



FLCCC
ALLIANCE



Take control of your health!

FLCCC.NET

FLCCC
ALLIANCE