Reduce Insulin Resistance with Magnesium

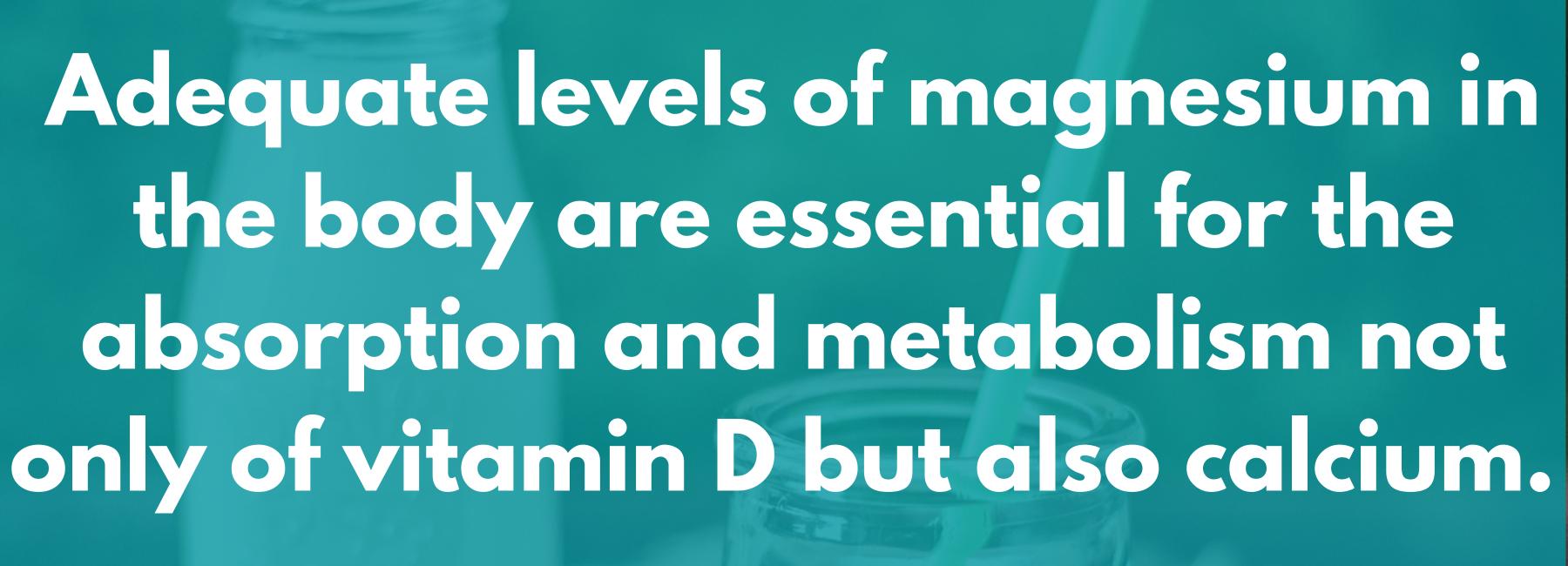
FLCCC ALLIANCE





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





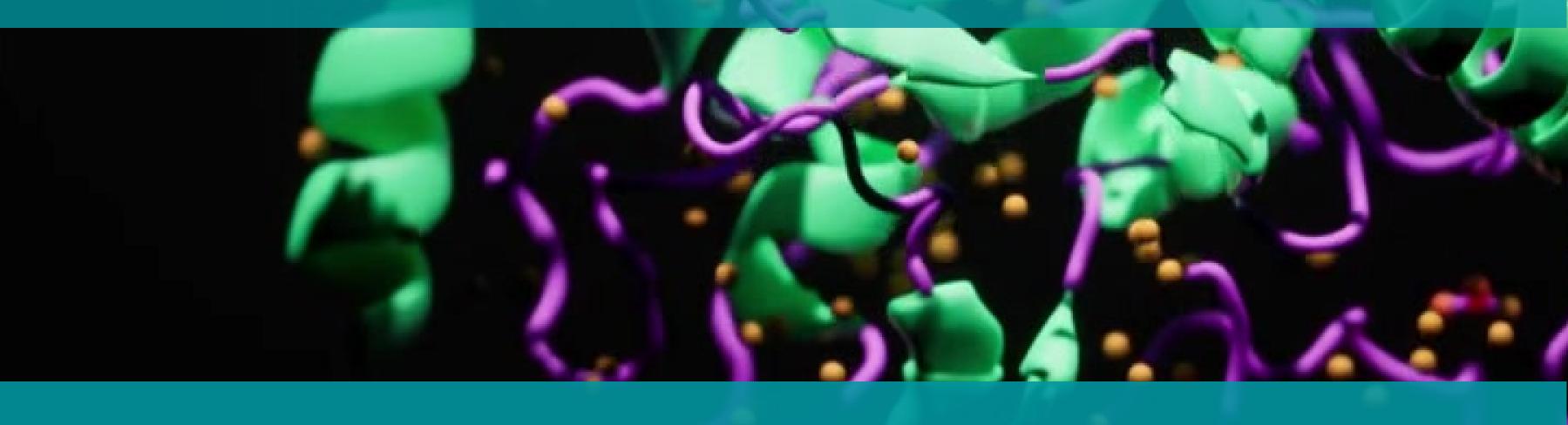


Magnesium converts vitamin D into its active form so that it can help calcium absorb.





Magnesium stimulates a particular hormone, calcitonin.





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



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





Foods rich in Magnesium include:



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



These forms of Magnesium will readily increase Magnesium levels:





- Magnesium Malate
- Magnesium Glycinate
- Magnesium L-Threonate

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



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

Supplement or nursing.

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supplement, take on four times per day w

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And increase to 400 mg daily for men.



Side effects of Magnesium may be stomach upset or diarrhea.



Always check with a healthcare provider before taking supplements.



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



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

https://covid19criticalcare.com/treatmentprotocols/insulin-resistance/





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