

## Product Information Sheet

### Purple Cushhh Magnesium + Vit D3

60 Capsules (1-4 per day with meals or as prescribed by a healthcare professional)

Magnesium capsules are beneficial for people who experience muscle cramps, hair-loss, brittle nails, osteoporosis and low energy levels.

## Ingredients

Magnesium Chloride, 12 Tissue Salts, Organic Plant Derivative Minerals, Vitamin E, Vitamin D3, Parsley

Minerals are elements on the earth and in foods that our bodies need to develop and function normally. Magnesium is one of the most important minerals required to maintain healthy bodily functions. It is needed to protect against heart disease and assist with heart attack recovery by lowering blood pressure, widening the arteries, stopping blood clots and normalising arrhythmia (irregular heart rhythm).

Magnesium relaxes muscles which eases sports injuries and fibromyalgia (rheumatic condition recognised by muscular pain with stiffness and tenderness at certain points on the body). It also aids in the prevention of diabetes by assisting with the production and use of insulin. Furthermore it stems osteoporosis by helping to increase bone density and it helps to treat asthma and bronchitis by expanding the airways.

Symptoms of very low Magnesium in the body are fatigue, irregular heartbeat, muscle cramps and muscle weakness. To prevent or treat a magnesium deficiency in the body, Magnesium Chloride is used due to the fact that it is more easily absorbed and utilised by the body.

Vitamin D3 is produced in the skin in response to its exposure to sunlight. A few minutes daily in the sun will supply all the Vitamin D that the body needs. Vitamin D3 is a fat-soluble vitamin that helps the body to absorb calcium and phosphorus necessary to build and keep strong bones and teeth. Vitamin D3 is not only essential for bone health; it keeps energy levels up and enhances the person's mood as well as keeping the immune system strong. The body's ability to manufacture Vitamin D declines with age. If there is not sufficient Vitamin D, the body cannot absorb calcium from food with the result that the body will move calcium from the bones to the blood to supply muscles and nerves what is needed. This leads to loss of bone mass.

The Tissue Salts which form part of the ingredients of this supplement, help increase general vitality and boost the immune system reducing recurrent illness and tiredness. Vitamin E has anti-oxidant properties and protects cells against effects of molecules produced when the body breaks down food. Organic Plant Derivative Minerals are essential elements for our bodies to develop and function normally. Parsley, apart from its anti-oxidant and anti-bacterial properties, supports bone health, can improve heart health, has cancer fighting substances and also has nutrients to protect the eyes.

