

# LIFEFORCE

## MAGNESIUM OXIDE PLUS

Available in 100 Tablets  
Nappi Code: 701796-001

**Magnesium Oxide Plus is a balanced fully absorbable ratio of three different forms of Magnesium - Magnesium Oxide, Magnesium Carbonate and Magnesium Phosphate - in D6 strength.**

### **EFFECTIVE IN THE TREATMENT OF:**

- ✓ Congestive cardiac failure
- ✓ Hypertension
- ✓ Fatigue
- ✓ Diabetes
- ✓ ADD (Attention Deficit Disorder)
- ✓ Fibromyalgia
- ✓ Migraine headaches
- ✓ Menstrual problems
- ✓ Cardiac Arrhythmia regulation

Magnesium Oxide Plus is trusted by Specialists, Doctors, Homeopaths, Dieticians and other Health Professionals for its unsurpassed quality and therapeutic properties.

Some of the top dietetic and medical brains in South Africa have extensively used this formulation in their practices for over 31 years as a vital tool to assist their patients to supplement in the safest, most scientific way.

### **THE FACTS:**

Magnesium is necessary for the metabolism and solubility of Calcium, Phosphorus, Potassium, Sodium and Vitamin C. It is important for converting sugar into energy.

Magnesium is known as the anti-stress mineral. It is essential for effective nerve and muscle functioning. Magnesium protects nerves and helps to utilise Vitamin A and C.

According to the National Research Council the human body contains approximately 21g of Magnesium.

Magnesium and Calcium are present in the body in a ratio of 1:2, so if the consumption of Calcium increases, so should the consumption of Magnesium.

It is Magnesium, and not Calcium, that helps to keep tooth enamel hard and resistant to decay.

Magnesium is depleted by alcohol and excessive consumption of milk fortified with Vitamin D - this is because synthetic Vitamin D tends to bind Magnesium and cause it to be excreted. Alcoholics usually have a Magnesium deficiency.

People who eat white flour and white sugar products may have a Magnesium deficiency, because their bodies use stored Magnesium to metabolise these refined carbohydrates.

The daily Magnesium requirement is 300 - 400mg for adults. According to the National Research Council, Magnesium requirements amongst pregnant and lactating women are slightly higher.

Most of the body's Magnesium is found in the bones, along with Calcium and Phosphorus.

A smaller part of the body's Magnesium is found in blood and tissues, where it plays an important role by activating many metabolic enzymes.

### **BENEFICIAL EFFECTS OF MAGNESIUM:**

- Magnesium helps to keep tooth enamel hard and resistant to decay.
- It plays an important role by activating up to 100 metabolic enzymes in the body.
- Helps weak digestion and improves the metabolism.
- Magnesium keeps calcium soluble.
- It plays a role in converting glucose to energy.
- Helps in utilisation of proteins as well as Vitamins C and E.
- Regulates heartbeat and muscle contraction.
- Protects and supports nerves, and calms the nervous system.
- Maintains healthy prostate function in men.
- It also improves urine retention and is therefore helpful for bed-wetting children.
- Prevents kidney stones.
- Regulates thyroid function.
- Magnesium acts as a mild laxative.

### **DEFICIENCY SIGNS AND DISEASE:**

- Irregular heartbeat
- Heart attacks
- State of nervousness
- Weak muscles
- Convulsions & seizures
- Prostate enlargement
- Bedwetting
- Kidney stones
- Fatigue

### **TISSUE SALTS**

Tissue salts are inorganic mineral components of your body's tissues. If the body has a deficiency in any of these salts, illness occurs. If this deficiency is corrected, the body generally heals itself.

There are many ways to treat and assist the body in its fight against illness and disease. One of the most subtle, yet effective forms of medicinal therapy is called Biochemics.

A scientist doctor, Dr. Wilhelm Schuessler of Oldenburg, Germany, worked for over three decades during the 19<sup>th</sup> century making groundbreaking discoveries in the field of Biochemics. His most significant contribution was the discovery that organism health may be influenced by the balance and distribution of minute inorganic mineral substances called 'Tissue Salts'.

Your health may be affected by the balance and distribution of these salts, as they are the building blocks of cells, tissues and organs. This is a gentle way to combat illness and disease and has proven to be so successful that it has survived over a century of medical advancements.

#### **WHO CAN USE TISSUE SALTS?**

Tissue Salts are non-invasive and are therefore family friendly. Children, infants, the elderly and even pets benefit greatly by using Tissue Salts to treat acute (short term) and chronic (long term) illness. Tissue Salts can also be used to improve the tone and strength of the skin, hair and nails.

Prevention is better than cure. If you have a tendency towards certain conditions or illnesses Tissue Salts can offer a long-term solution. By learning to listen to your body signalling the onset of illness, you can start treatment with Tissue Salts before the illness takes a firm hold. By taking Tissue Salts at the early stages of illness you can help to prevent secondary stages of most common disorders.

#### **MAG PHOS (Phosphate of Magnesia)**

- ✓ Mag Phos is an anti-spasmodic, analgesic Tissue Salt.

- ✓ It is indicated for cramps and spasms, neuralgia, sciatica, hiccups, spasmodic palpitations, shooting, stabbing or darting pains, cramping, menstrual pain and headaches accompanied by shooting or stabbing pains.
- ✓ Mag Phos is a mineral element of bones, teeth, brain, nerves, blood and muscle cells.

#### **DEFICIENCY SYMPTOMS:**

- Cramps, neuralgia, shooting pains and colic.
- As a result of a variety of gastrointestinal symptoms, Magnesium is often lost. Symptoms range from weakness, confusion and personality changes to muscle tremors, anorexia, nausea and a lack of coordination. Skin lesions and a variety of skin associated complaints and problems are experienced. More gastrointestinal disorders may be added to the Candida syndrome.

#### **PERSONAL ADVICE:**

- If you consume heavy amounts of alcohol, your need to increase your Magnesium intake.
- If you eat a lot of nuts, seeds and green vegetables, you are probably getting ample amounts of Magnesium - as does anyone who lives in an area with hard water.
- Magnesium is a mineral required by Candidiasis patients.
- Any person using hormonal therapy (oestrogen in any form) should supplement with large amounts of Magnesium - if not the body becomes depleted and is prone to Candida Albicans.
- Calcium and Magnesium work together for cardiovascular health. It aids your nervous system, especially the transmission of impulses

#### **DAILY DOSAGE:**

Adults - 350mg  
Children - 250mg  
Pregnant and lactating women - 450mg

***THIS PRODUCT IS SUITABLE FOR DIABETICS***

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**MEDHOL CC trading as  
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