



## Pure Ionics Magnesium

### Why Ionic? BIOAVAILABILITY.

It doesn't matter what we take in; it only matters what makes it into our cells. Our ionic minerals are individual elements with an electrical charge in a liquid medium-in this case purified water. When consumed in a water base, minerals are readily absorbable into living tissues of both plants and animals. Also, in their ionic form, the body has to do virtually nothing to process or break down these elements to prepare them for absorption.

Ionic minerals are in the form required for uptake by the carrier proteins that reside in the intestinal wall: this is why they pack such a punch. Pure Ionics Magnesium and Calmag contain Angstrom sized ions, which means they are also able to be absorbed through the mucous membrane. A pH balanced body makes this absorption even better (add OCEANS PURE 100% Natural Sea Kelp to your day to help balance pH).

INCREDIBLE  
TASTE!



- Calms the mind to promote peaceful, restful sleep in children and adults
- Helps synthesize proteins and metabolize fats and carbs
- Keeps nervous system running smoothly
- Keeps heart rhythms healthy
- Promotes healthy bones
- Helps with condition such as:
  - sleep troubles (insomnia)
  - anxiety and depression
  - high blood pressure
  - PMS
  - cholesterol imbalances
  - muscle spasms

**Ingredients:** Magnesium (Magnesium gluconate ) 30mg, Vitamin C (L-ascorbic acid) 228mg, purified water, apple juice concentrate, apple cider vinegar, raspberry flavour, *Stevia rebaudiana* leaf, potassium sorbate, per serving.



OUR PRODUCTS TASTE SO GREAT,  
THEY'RE KID APPROVED!