

NANO MAGNESIUM

Minerals have three functions:

1. They provide structure in the formation of bones and teeth.
2. They help maintain a normal heart rhythm, standard muscle function (including muscles that operate our involuntary systems such as breathing and digestion), the conduction of the nervous system, and a well-balanced acid-alkaline condition.
3. They regulate the cellular metabolism (the set of chemical reactions which occur at a cellular level in living organisms in order to maintain life) because minerals are needed for most of these reactions to take place at all.

Iron:

Iron is necessary for growth and is a component of haemoglobin, the substance which makes our blood red and allows it to absorb oxygen to transport it around the body. A deficiency in iron can cause weakness, fatigue, paleness, shortness of breath, irregular heartbeat and anaemia.

Magnesium:

Magnesium is known as the "anti-stress" mineral and performs some 300 functions in our body. A magnesium deficiency can result in irritability, fatigue, insomnia, heart