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The Truth About Magnesium

Considering the pivotal role that magnesium plays in cellular signaling and energy function it is not surprising that a deficiency may create a broad impact on multiple organ systems. These deficiencies are often linked to numerous health conditions. Therefore, supplementing with magnesium is shown to result in positive outcomes for a number of health conditions, such as Cardiovascular Function and Blood Pressure, Diabetes and Blood Sugar Balance, as well as Inflammation and Chronic Pain.

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