



Fat and Blood Sugar Metabolism

Helps to regulate insulin and blood sugar by helping glucose into cells and start producing energy. Activates enzymes that break down Carbohydrates, fats and Proteins



Inflammation and Pain Relief

Magnesium regulates inflammation, when levels are low inflammation can cause problems throughout the body. Some human studies suggest magnesium can play a part in relieving nerve pain.



Nervous System

Messages are passed from the brain through the nervous system to the body and back. Calcium is absolutely key to this process but without the right balance of Calcium and Magnesium, Calcium can't do its job properly.

What You Should Know



About Magnesium



Magnesium is a vital element used within over 300 processes in the body. Very often our horses are deficient.



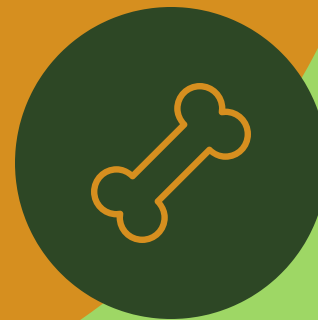
Anxiety

Regulates cortisol - the stress hormone. This is one of the reasons why magnesium is often found in calming supplements



Muscle Function

While Calcium contracts muscles, Magnesium relaxes them. Magnesium is involved in Potassium absorption - Potassium is essential in muscle function.



Bones and Teeth

Magnesium helps the body to metabolize and absorb Calcium, Phosphorus and Vitamin D. Getting the right balance between these elements is key. Calcium for healthy teeth and bones needs Magnesium or it won't be absorbed or will be deposited in soft tissues and joints leading to arthritis and other issues.