



Magnesium: The Chill Mineral

Magnesium is your body’s natural calm switch. It supports over 300 biochemical reactions including muscle relaxation, sleep quality, and blood sugar control. Low magnesium can make you feel wired, tense, or fatigued — the kind of tired that coffee can’t fix.

Magnesium = a mineral used in over 300 reactions, including blood sugar control and relaxation.

01 Mini Teaching
It helps insulin work better and muscles recover faster.

02 Example
Magnesium is your body’s natural “calm switch.” When it’s low, you feel wired but tired.

03 Try This Today
Add spinach, almonds, or dark chocolate (yes!) to your day — your muscles and mood will thank you.

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