

## The Right Magnesium for You

Magnesium is involved in hundreds of biochemical reactions in your body. Every cell in your body contains magnesium and needs it to function.

Magnesium is required for

1. Energy: Helps convert food into energy
2. Protein formation: Helps create new proteins from amino acids
3. Muscle movements: Is part of the contraction and relaxation of muscles
4. Nervous system regulation: Helps regulate neurotransmitters, which send messages throughout your brain and nervous system
5. Stress: Reduces the activity of the hypothalamic-pituitary-adrenal (HPA) axis resulting in less anxiety, less cortisol, and a better capacity to cope with stress
6. Hormones:
7. Blood sugar stabilisation and helping regulate glycaemic response

(Ref: NIH)

[Click here to find the best magnesium for you.](#)