ITLHealth MAGduo

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More information at
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YOUR **ALL-IN-ONE MAGNESIUM** SOLUTION

MAGduo combines **ITL Health's award-winning pure magnesium bisglycinate** with magnesium citrate in an easy-to-take capsule. Enjoy a good night's sleep and stress relief from magnesium bisglycinate while getting digestion support and constipation relief from magnesium citrate.

Why choose one when you can have both?



WHAT ARE THE **BENEFITS OF MAGNESIUM?**

Magnesium is essential for numerous biochemical functions in the body, and it plays a critical role in various aspects of health, including stress relief, stronger bones, improved heart health, hormone balance, pain reduction, lowered blood pressure, and relief from constipation, among other benefits.

MAGNESIUM BISGLYCINATE

Magnesium bisglycinate is a form of magnesium that is bound to two glycine amino acids. This combination is highly absorbable and particularly effective in promoting the aforementioned benefits, with a specific focus on inducing relaxation for a calm mind and facilitating restorative sleep.

MAGNESIUM CITRATE

On the other hand, **magnesium citrate**, which consists of magnesium bound to citric acid, also offers these benefits and is most renowned for its effectiveness in alleviating constipation. It achieves this by increasing the water absorption in your intestines, which softens the stool and makes bowel movements easier. Additionally, magnesium citrate increases pressure, stimulating the muscles in your intestines to move stool effectively.

COMMON SIGNS OF **MAGNESIUM DEFICIENCY**

Magnesium deficiency is widespread across the global population, manifesting in a range of symptoms, including:

- High stress levels
- Depression
- Insomnia / poor sleep quality
- Constipation
- Fatigue and weakness
- Muscle cramps or spasms
- Bone conditions
- High blood pressure
- And more

MAGduo is formulated to target the diverse issues associated with magnesium deficiency, all within the convenience of two capsules per day.

MAGduo is a combination of 100% pure magnesium bisglycinate and 100% pure magnesium citrate, designed to maximize absorbability and deliver maximum benefits.

- No fillers
- No binders
- No preservatives
- No magnesium oxide
- No manufacturing agents
- No gluten
- No dairy
- Vegan friendly

INGREDIENTS

- Magnesium Bisglycinate
- Magnesium Citrate
- Pullulan (vegan capsule made from plants)

RECOMMENDED **DAILY USAGE**

Take 2 capsules daily, either all at once or split into two separate doses throughout the day.

Family owned and **women-led** company

$.10 of every tub **donated to non-profit organizations**

Top-selling products in **UK** and **Ireland**

30+ product and company awards earned in the past 4 years

A commitment to purity – no fillers or flow agents used in manufacturing

Premium ingredients

Vegan