



THE
OC
METHOD

SUPPLEMENT PROFILE:
MAGNESIUM

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The Basics

- Research has show that Magnesium plays a major role in our health. It has one of the highest concentrations within our cells.
- It is used in literally hundred of chemical reactions within the body.
- It activates many enzymes (things that speed up chemical reactions).
- Currently nearly 100% of people within the UK do not hit the RDA for Magnesium.

So why are we so low in Magnesium and what effect does that have?

Poor soil quality and extensive food processing methods are main contributors to lower amounts of magnesium within our foods. This current trend has lead to widespread deficiency within the population and the need for fairly high strength supplementation.

Your needs or demand for Magnesium increases further with bouts of intense exercise.

The Facts

Essential for Energy Production

Mg is the most important nutrient for the body's energy production processes. Hence why a deficiency in Mg can leave atheltes and non-athletes with a feeling of lethargy and fatigue.

Optimal Muscle Function

Muscles contain around 26% of all the Mg found in the body. With 60% in the bones and the rest in soft tissue structures. Ever experienced muscle cramps, and tremors... most likely it's a Mg deficiency.

Natures Tranquiliser

A deficiency in Mg intensifies the reaction of the body to stress, mentally and physically. Mg deficiency can commonly lead to symptoms of mood swings, irritability and depression.



What Are Some Of The Symptoms?

Poor Mood:



- Depression
- Anxiety
- Stress
- Sleeplessness
- Insomnia
- Tension headaches
- Irritability

Low Energy



- Chronic Fatigue
- Physical and Mental Fatigue
- Lethargy
- Poor Memory
- Cloudy Head
- Poor Concentration



Physical Performance



Low energy production
Decreased Cardiovascular performance
Drop in strength
Muscle cramps
Inability to fire certain muscles
Lose ability to get full muscular contractions.



Who is At Highest Risk?

There are people who are greater risk than others of having deficiency in Mg.

- Those with gastrointestinal issues.
- Those with kidney problems.
- People with diabetes.
- Alcoholics
- Those taking diuretics and antibiotics
- Stressed People
- The Elderly
- Menstruating Females
- People undertaking physical exercise regularly.

What foods are rich in Magnesium?

Leafy Green Vegetables

Unrefined Grains

Nuts Such As Cashews or Almonds

Whole Grains Such As Brown or Wild Rice

What About Supplementation?

Highly Recommended



Which Magnesium Is Best For Me?

[MegaMag Muscleze](#)

Multi Purpose & Muscle Recovery (I have personally used this one for the last 3 months to prevent cramping post leg workouts.

Recommended for muscle recovery and function after exercise.

[MegaMag Energen Plus](#)

Cellular Energy Production

Recommended for anyone requiring support for healthy energy levels- both mentally and physically.

[MegaMag Calmeze](#)

Nervous System Support

Recommended for those requiring support for balanced moods, for those individuals who find it difficult to wind down and relax.

[MegaMag Fem Balance](#)

Hormone Balancing

Recommended for female reproductive health. Fertility support and menstrual support.

[MegaMag Creatine Plus](#)

Sporting Performance

Recommended for those who exercise regularly and those looking to improve athletic performance.



MegaMag Night Formula

Restful Sleep

*Recommended for those that need sleep support,
helping with creating a relaxed state of mind.*