

# MagiCal Liquid Ionic

Got Ionic?

## SIZE DOES MATTER



Today's modern technology and creative scientific thinking allows for tremendous improvements in human absorption of key minerals such as calcium and magnesium.

Few people realize the extreme benefits offered by nano-particle ionic calcium and magnesium. Nano-particle ionic calcium and magnesium are the newest class of minerals in today's market. They are super small and super absorbable.

With nano-particle ionic calcium and magnesium the problems of too much unused and unabsorbed calcium and magnesium are eliminated. Just because we ingest a certain quantity of calcium or magnesium into our bodies does not mean it gets utilized. It should be remembered that for calcium or magnesium to be absorbed into the cell, they must be in an ionic form to be transported through ion channels located in the cell membrane.

Nobel Prize winners Edwin Neher and Bert Sackman, M.D, were able to prove in 1991 that ionic channels exist within human cell membranes. They state: "An ion channel is like a tunnel running from the inside of a cell to the outside. Cells communicate with one another using the 20 to 40 ion channels that each cell has in its membrane". This is how calcium and magnesium are transported and utilized in the cell.

In his book, *Chemistry and Biochemistry of calcium*, W.G. Robertson stresses the importance of the difference between ionic and non-ionic forms for health benefits. This difference is very important because our bodies recognize, utilize, and metabolize only ionic forms. If the mineral is not in ionic form, the body tries to ionize it in the stomach, which involves optimum levels of gastric acid. Success in changing it into an ionic form differs exponentially with age. Consuming nano-particle ionic minerals, eliminates the need for the digestive process. Over 1200 people in the study by Grossman and Kirsner (involving the Veterans Administration Centre, the UCLA

Medical Centre CA, and the U of Chicago, IL) demonstrated that with age, levels of gastric acid in both men and women significantly reduce—many stomachs have a hard time digesting anything, let alone "stone or rock-type" nutrients.

### WHAT ARE THE ROLES OF CALCIUM AND MAGNESIUM?

Calcium provides material for our bones and teeth. In fact 99% of all our calcium is found in these structures. It also serves in, nerve transmission, muscular contraction and relaxation, blood clotting, buffering blood pH, etc. With the bones serving as a reservoir allowing calcium to be added or subtracted as needed, the importance of calcium absorption in prevention of many disorders including osteoporosis is paramount.

Magnesium may be the most important element needed by the human body. It is a co-factor in activating over 350 different biochemical reactions including energy production, protein synthesis, bone formation, creation of new cells, contraction and relaxation of muscles, activation of B vitamins, proper functioning of the nerves, heart, kidneys, adrenals, and brain. Magnesium also slows bone turnover, the routine breakdown and rebuilding of bone, (Journal of Clinical Endocrinology) which is important in protecting against bone loss and bone brittleness (osteoporosis).

90 – 95% of our population is deficient, including many of those who are already using magnesium!

Do you suffer from?

**Inability to sleep**  
**Low energy**  
**High BP**  
**Headaches**  
**Heart difficulties**  
**Chronic Fatigue**

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**Body tension**  
**Muscle tension**  
**Irregular heartbeat**  
**Nervousness**  
**Brittle bones**  
**Needless worrying**  
**Bowel imbalances**  
**Tissue calcification**  
**Accelerated aging**  
**Backaches**  
**Muscles spasms**  
**Irritability & fatigue**  
**Swollen joints**  
**Chocolate cravings**  
**Bone spurs**  
**Kidney stones**  
**PMS**  
**Restless legs**

## ***YOU MAY BE MAGNESIUM DEFICIENT!***

Firstly, when too much calcium is consumed for the amount of magnesium being absorbed, the calcium will pull magnesium out of body parts to help it be assimilated, or the body may 'store' the unassimilated calcium, and this creates other problems such as bone spurs. Excess calcium in the body also results in calcium deposits throughout various tissues (calcification of tissues and organs).

Secondly, most magnesium capsules and tablets are not completely absorbed by the body. A major problem with magnesium is the inability by the body to readily absorb it when it is not in an ionic form. It is not simply a question of 'is it organic or inorganic', but 'does it get absorbed or not get absorbed' and 'how much of it stays within the body' (Creighton University Medical School, Omaha, NE).

The biologically active form of this mineral (ionic magnesium) can transfer right into the cells, without the need of any body function other than absorption. This is further enhanced if the mineral is in nano-particle liquid form. Liquid nano-particle ionic magnesium takes care of the calcium levels and helps the body to gradually dissolve excess or stored calcium. Liquid ionic magnesium can be taken on its own without negative side effects.

Without a doubt, nano-particle liquid ionic calcium and magnesium provides superior absorption and the greatest of health benefits. Switch to this form of mineral supplements, you'll be glad you did!

***DR. ROGER GUNDERSON PH.D., N.D.***