

Tracking Your Magnesium Intake: Are you getting enough magnesium in your diet?

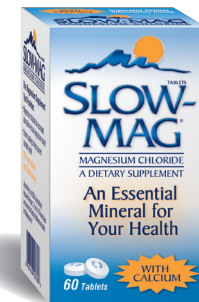
Use the [Slow-Mag® Tablets Magnesium Calculator](#) to determine your daily magnesium intake.

By keeping track of your intake, you can determine over time if you are getting enough magnesium in your diet.

Date	Breakfast	Lunch	Dinner	Total	Notes

If your diet is not high enough to meet the Recommended Daily Allowance of magnesium, ask your physician or pharmacist about Slow-Mag® Tablets.

Visit www.slow-mag.com to calculate your magnesium intake daily!



Slow-Mag® Tablets:
One of the best ways
to get the magnesium
you need.