

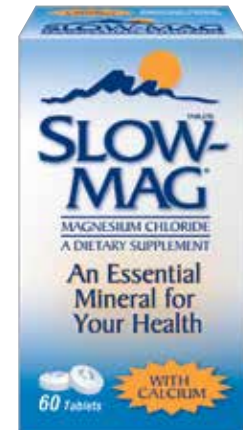


Runner's Log

Sweating can drain magnesium from your body.¹

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Time								
Distance								
Pace								
Beginning Heart Rate								
Ending Heart Rate								
Terrain								

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



1. Lukaski, HC. Magnesium, zinc, and chromium nutriture and physical activity. Am J Clin Nutr. 2000;72:2(Suppl):585S-593S.