

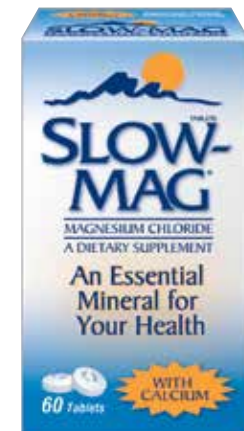


# Runner's Log

Sweating can drain magnesium from your body.<sup>1</sup>

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

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.