

SLOW-MAG "SEVEN OUT OF 10" ANR SCRIPT (Website version with references)

ANNCR: WHEN'S THE LAST TIME YOU THOUGHT ABOUT HOW MUCH MAGNESIUM YOU'RE GETTING IN YOUR DIET? RESEARCH SHOWS THAT SEVEN OUT OF 10 PEOPLE DON'T GET ENOUGH MAGNESIUM.¹ MAGNESIUM IS REQUIRED FOR ENERGY PRODUCTION.² WHAT'S MORE, MAGNESIUM IS FOUND IN EVERY CELL OF THE BODY, AND IT'S ESSENTIAL FOR THE PROPER OPERATION OF OVER 300 ENZYMES.³ HERE'S SPORTS NUTRITIONIST AND IRONMAN TRIATHLETE, LISA DORFMAN.

LISA DORFMAN: RESEARCH HAS FOUND THAT SEVEN OUT OF 10 PEOPLE HAVE A MAGNESIUM-DEFICIENT DIET,¹ BUT SEVERAL GROUPS ARE ESPECIALLY AT RISK. PEOPLE WHO EXERCISE STRENUOUSLY,⁴ THOSE WITH AN UNBALANCED DIET,⁴ OR PEOPLE WHO MAY BE ON CERTAIN MEDICATIONS THAT INTERACT WITH MAGNESIUM MAY BE AT RISK FOR DEVELOPING MAGNESIUM DEFICIENCY.² MAGNESIUM IS FOUND IN FOOD SUCH AS ALMONDS, TOFU, AND SPINACH, BUT IF YOU'RE NOT GETTING SUFFICIENT MAGNESIUM FROM YOUR DIET ALONE, CONSIDER A SUPPLEMENT SUCH AS SLOW-MAG TABLETS.

ANNCR: SLOW-MAG TABLETS COMBINE TWO IMPORTANT NUTRIENTS, MAGNESIUM AND CALCIUM. FIND OUT MORE ABOUT THE IMPORTANCE OF MAGNESIUM AT SLOWMAG-DOT-COM. THAT'S SLOWMAG-DOT-COM.

1. USDA Agricultural Research reports 32% of all US individuals are meeting the Dietary Reference Intake for magnesium. Available at <http://www.ars.usda.gov/services/docs.htm?docid=11046>. Accessed September 2013

2. National Institutes of Health, Office of Dietary Supplements. Available at

<http://ods.od.nih.gov/factsheets/magnesium>. Accessed October 2013

3. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D and Fluoride. National Academies Press, Washington DC, 1997.
http://books.nap.edu/catalog.php?record_id=5776. Accessed October 2013

4 National Institutes of Health, "Exercise, Magnesium, and Immune Function." Available at <http://www.ncbi.nlm.nih.gov/pubmed/18705536>. Accessed October 2013

For Aprimo review, please include references. Script will be available on Slow-Mag Tablets website.