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FOR IMMEDIATE RELEASE

SOURCE NATURALS INTRODUCES MAGNESIUM CITRATE

Highly absorbable form of magnesium promotes relaxation and calming

Scotts Valley, California—Magnesium is one of the most important minerals in the body, it is important for combating stress and it is the key to over 300 enzymatic reactions, yet most Americans don't obtain enough in their diets.

Magnesium supports a healthy cardiovascular system and helps build healthy bones and teeth. It is part of a healthy mood, sleep, and relaxation. Because much current research recommends greatly increased magnesium levels in the body, Source Naturals introduces MAGNESIUM CITRATE, a highly absorbable magnesium supplement.

Source Naturals spokesman Tony Lucchesi says, "This magnesium is one of the most highly absorbable. In numerous studies, magnesium citrate is found to be better absorbed than magnesium compounds such as magnesium carbonate or magnesium oxide."

Unlike many other nutrients, magnesium is not stored in the body for times of scarcity; that which isn't used is lost. Although it is found in a wide range of foods, magnesium is depleted for an estimated 72 percent of Americans.

Lucchesi adds, "Many people, as they age, have decreased abilities to absorb magnesium. There is a huge segment of society that is nutritionally starved for magnesium's benefits."

Source Naturals is committed to enhancing individual potential to enjoy optimal health and well being by providing superior quality dietary supplements and nutritional education. For more information or purchase locations, please visit <http://www.sourcenaturals.com>.

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