



PRESS RELEASE

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SOURCE NATURALS INTRODUCES MAGNESIUM SERENE™

Relaxing Drink for Daily Stress

SCOTTS VALLEY, Calif. – June 11, 2009 – Magnesium is one of the most important minerals for maintaining good health. While many are familiar with its roles in cardiovascular health and bone strength, few are aware of its role in muscle relaxation and nervous system balance. With this in mind, Source Naturals presents Magnesium Serene – a relaxing drink for daily stress.

Great-tasting Magnesium Serene is a convenient way to take magnesium and reclaim a sense of serenity. Providing 800 mg magnesium per serving and available in two flavors—berry and tangerine—the mix is formulated to effervesce in warm or hot water. Magnesium Serene features magnesium citrate, a bioavailable form of the mineral which has been shown in studies to be more soluble and better absorbed than some other forms.

Source Naturals National Science Educator Guy Devin, PhD, says, “Our western diet is sorely lacking in magnesium-rich foods—the deep green produce and whole grains rich with this mineral.” He adds, “Compounding this, low magnesium levels can lead to an increased release of stress hormones in the body. Since these stress hormones can interfere with the body’s ability to absorb magnesium, individuals should seriously consider adding it to their daily health program.”

Source Naturals Magnesium Serene is available in berry or tangerine flavors in three sizes: a 5-ounce jar for \$11.98, a 9-ounce jar for \$18.98 and a 17.6-ounce jar for \$34.98. To learn more about Source Naturals and Magnesium Serene, or to find purchase locations, visit www.SourceNaturals.com.

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About Source Naturals

Founded in 1978, Source Naturals is committed to enhancing individuals’ 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 www.SourceNaturals.com.