



MAGNESIUM AND CHOLINE CITRATE

Many people have difficult alkalizing, despite taking plenty of minerals and following a basically alkaline diet. In these cases, we recommend taking our Magnesium Formula with our Choline Citrate.

Almost everyone has these days has a damaged intestinal lining, which creates difficulty absorbing magnesium. The result is magnesium deficiencies are rampant, and this affects pH balance.

When you take choline citrate together with magnesium, it helps the absorption of magnesium in the gut by forming a neutral compound which passes through the intestinal lining more easily.

Taking magnesium and choline citrate together not only helps replete magnesium deficiency; it is also a specific therapy for restoring alkalinity to the system.

Take 1 teaspoon of choline citrate with 1-3 capsules of magnesium. Too much magnesium will cause diarrhea, so build up slowly. Your objective is to take enough to get your pH into a good range without taking so much you start getting diarrhea. Start out with 1 teaspoon choline citrate and 1 magnesium capsule once a day and slowly build up to a maximum of 1 teaspoon of choline citrate and 3 capsules of magnesium twice a day.

*This has not been evaluated by the FDA. This is not intended to diagnose, treat, cure, or prevent any disease.

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