



Magnesium, What's The form?

The market is saturated with many supplements that are being sold to you. I wanted to give some clarity to one of the most common supplements out there, Magnesium, noting that not all forms of these are created equal and give some information on it so you can make the best decision for your health.

Magnesium Oxide, Hydroxide, and Chloride are the equivalent to cheap magnesium fillers.

Magnesium citrate may be the one for you if you suffer from constipation or bowel issues.

Magnesium Malate may be the one for you if you suffer from anxiety, stress, sleep issues, or muscle cramps.

Magnesium glycinate and bi-glycinate may be the one for you if you suffer from headaches or migraines.

*As a complementary promotion we are offering 10% off our Magnesium products for the duration of this month. Just click the link below, use the code PP2461 to register an account, and use the coupon code Feb2024987 to get the discount.
www.DSSOrders.com/DrParrishChiropractic*

With any supplementation always talk to your doctor as each supplementation protocol is different for each patient and their conditions and has potential for interactions with any medications you may be taking.

If you have any questions about your health or even about this information feel free to give us a call at 636-207-6600 or email us at parrishchirofunctionalhealth@gmail.com.

If you are interested in a more in detailed review on Magnesium please click this link to find the PDF on our Website: _____

If there is a certain topic, supplement, or service you want to know more about in our next informational newsletter feel free to reply to this email and we will see if we can include it in our next newsletter!