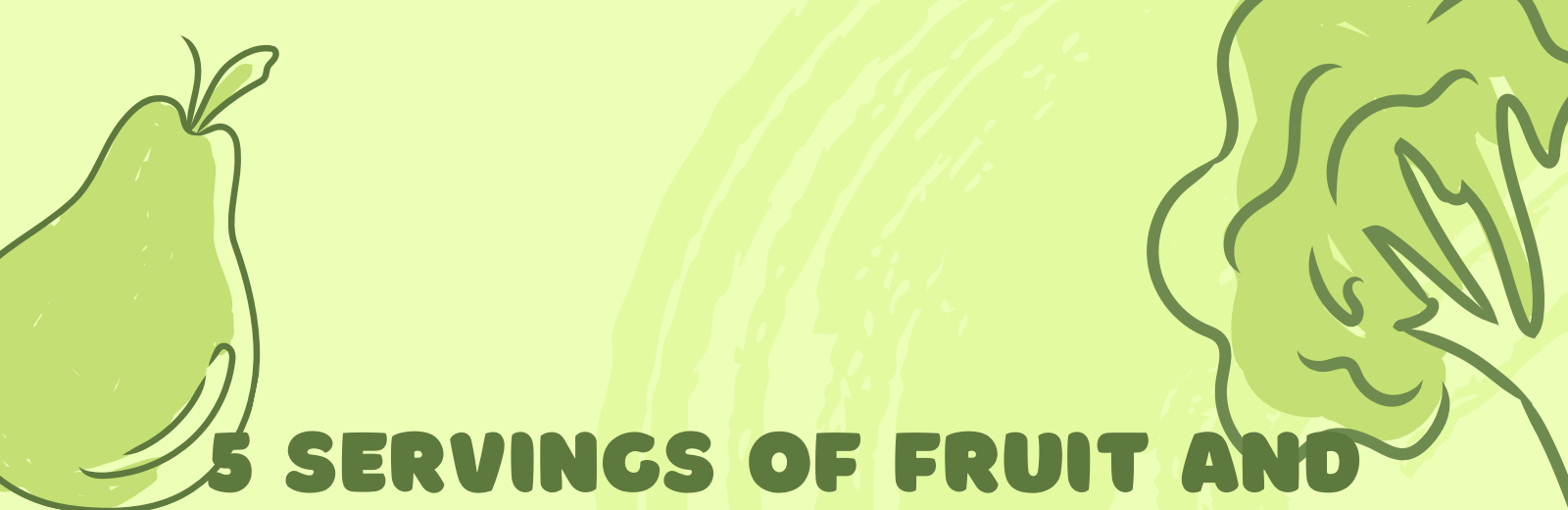
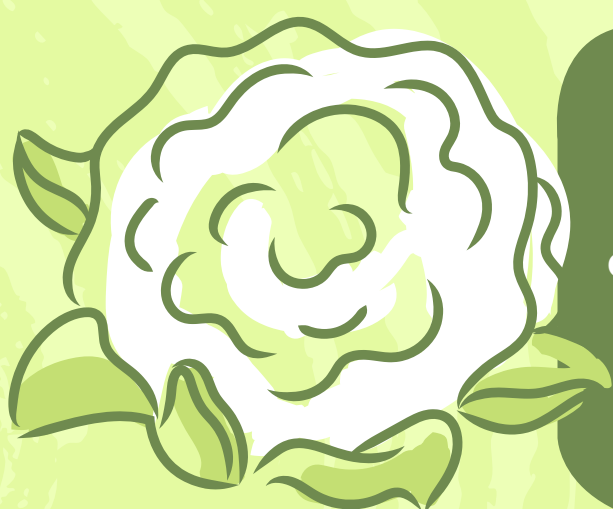
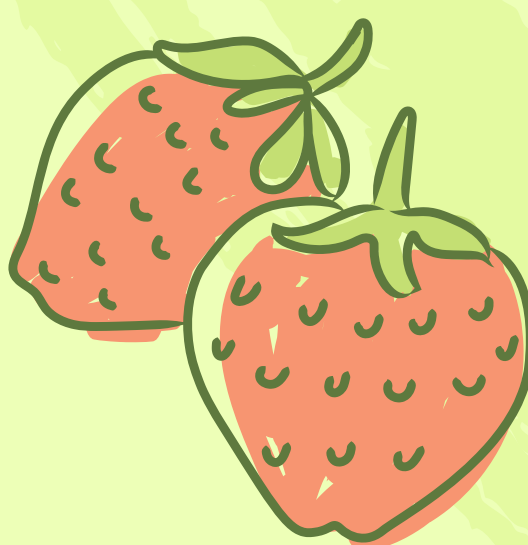




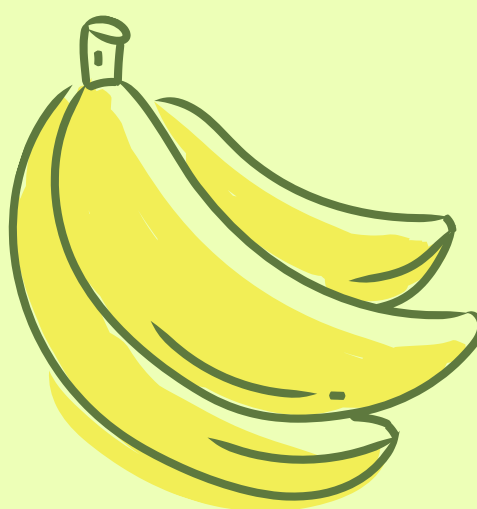
5 SERVINGS OF FRUIT AND VEGETABLES A DAY HELP KEEPS YOUR ASTHMA AWAY!

Eating 5 or more servings of fruits and vegetables a day is associated with improved asthma control!



The antioxidants contained in the fruit and vegetables can decrease inflammation in your lungs and body and help control and prevent chronic conditions.

Low fiber intake is associated with airway inflammation and worsened lung function in asthmatic patients. Fruits and veggies have lots of fiber!



Diets emphasizing fruits, vegetables, and whole grains, while placing less emphasis on high-fat meats and dairy products, have been associated with reduced asthma.

300MG
MAGNESIUM GLYCINATE A DAY

Magnesium

AFTER TWO MONTHS
LUNG FUNCTION TESTS
IMPROVE!

AFTER TWO MONTHS
SKIN REACTIVITY TO A
KNOWN ALLERGEN
IMPROVES!

WITH REGULAR USE
YOU MAY HAVE LESS
NEED FOR YOUR
BRONCHODILATOR

IMPROVEMENT
OCCURRED EVEN IN
PATIENTS WITH
NORMAL MAGNESIUM
LEVELS

MAGNESIUM FOR ASTHMA

GONTIJO-AMARAL, C., RIBEIRO, M. A., GONTIJO, I. S., CONDINO-NETO, A., & RIBEIRO, J. D. (2007). ORAL MAGNESIUM SUPPLEMENTATION IN ASTHMATIC CHILDREN: A DOUBLE-BLIND RANDOMIZED PLACEBO-CONTROLLED TRIAL. EUROPEAN JOURNAL OF CLINICAL NUTRITION, 61(1), 54-60.