

# Why You Need the RIGHT Magnesium Test

**MORE than 75% of AMERICANS are DEFICIENT in MAGNESIUM. Are YOU?**

The only way to know is to get a Magnesium RBC Test

**M**agnesium (Mg) is responsible for more than 325 enzyme reactions inside your cells. So the only accurate way to tell if you are low in this important mineral is to obtain the right test: [a magnesium red blood cell \(RBC\) test.](#)

The truth is your bloodstream magnesium can be normal but your RBC magnesium low. A low RBC Mg impacts your health in multiple ways. In fact, low levels are associated with following conditions.

- ADHD
- Angina
- Arthritis
- Allergies/Asthma
- Brain Fog
- Celiac
- Chronic Pain
- Chronic Fatigue Syndrome (ME/SEID)
- Diabetes & Pre-Diabetes
- Fatigue & Muscle Pain
- Fibromyalgia
- Glaucoma
- Hearing Loss
- Heart Disease
- High Blood Pressure
- Inflammation
- Irritable Bowel Syndrome
- Kidney Stones
- Low Back Pain
- Metabolic Syndrome
- Migraine
- Mitral Valve Prolapse
- Obesity
- Osteopenia/Osteoporosis
- Premenstrual Syndrome
- Post-Polio Syndrome
- Restless Leg Syndrome
- Sleep Disorders
- Stroke
- Vascular Disease

To decrease your risk of developing these conditions and maintain health, mind your magnesium level!

## Are YOU optimal? Check here!

Normal Lab Range	4.0 - 6.4 mg/dL
Optimal Level	5.5 mg/dL

## How to MAGnimize Your Magnesium

Once you get the right test, take the right magnesium – **Fibro-Care™**.

### How much do you need?

**Food sources for magnesium are very low. To get the RDA, you will need to supplement.**

#### Mg Formula

Use this suggested formula of 2.5-4.5 mg per pound of body weight.

#### Example

The RDA for magnesium is 400 mg for adults. A 150 lb. person may need to take 375-675 mg of magnesium a day.

## HOW TO SUPPLEMENT

Take the RDA! Two **Fibro-Care™** gives you 180 mg of organic magnesium. Thus, one a day is not enough. Make sure to count the magnesium in your daily dose of **Multi-Gold™** too in figuring how many you need a day. If your RBC Mg is very low, you may need higher than the RDA for a while to raise your level.

**NOTE:** It can take 8-12 months to restore optimal RBC magnesium to the 5.5 mg/dL level recommended for fibromyalgia and chronic conditions. Take a consistent daily RDA and be patient! Recheck your level in 6 months after starting **Fibro-Care™** to monitor your progress.

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Taking the right form of magnesium matters, take **Fibro-Care™** for maximum cellular absorption.

Read more about Fibro-Care™ in the article, *Magnesium & Malic Acid for Energy & Pain, The Fibro-Care™ Story*. Available online in the TyH Health Library at [e-tyh.com](http://e-tyh.com)