



# Why YOU need a RBC Magnesium Test

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

## KNOW YOUR MAGNESIUM LEVEL

Magnesium (Mg) is responsible for more than 325 enzyme reactions within a cell, including energy production. When cellular magnesium is low, these necessary chemical reactions are adversely affected.

A Magnesium Red Blood Cell test (Mg RBC) measures cellular Mg levels. It is the only Mg test recommended by Thomas Romano, M.D. If the level is low (even low normal), oral Mg is recommended. If very low, IV drip or intramuscular (push) Mg may be necessary to bring levels up more quickly.

A common Mg test is done on blood serum or plasma but these parts of the blood do not represent cellular levels.

Mg RBC is *the most efficient or practical way to test* for cellular magnesium. Ask your doctor for the **Mg RBC test**.

## WHAT'S YOUR RBC MG?

### NORMAL LAB RANGE

4.0 – 6.4 mg/dL

### OPTIMAL LEVEL

### DR. ROMANO RECOMMENDS

5.5 mg/dL

## WHO NEEDS FIBRO-CARE™?

You do if you struggle with:

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

Are YOU taking enough  
**Magnesium?**

- ◆ A suggested formula is 2.5-4.5 mg per pound of body weight. The RDA for Mg is 400 mg.
- ◆ A 150 lb. person may need 375-675 mg a day.
- ◆ Two Fibro-Care™ = 180 mg so do the math. One Fibro-Care™ is not enough!

Note: It can take 8-12 months to restore optimum RBC magnesium levels to the 5.5 mg/dL that Dr. Romano suggests for fibromyalgia.

## MAGNIMIZE™ YOUR MAGNESIUM!

Take **Fibro-Care™ Gold Medallion**  
For optimum cellular absorption

Take the right form to get Mg into the cell where it really matters. Fibro-Care™ uses magnesium bisglycinate, a highly absorbable patented chelate from Albion Laboratories,  Albion Mg is bound (chelated) to the amino acid *glycine*. Most minerals are in oxide form which is hard to break down and absorb which can cause GI discomfort, constipation or diarrhea. We use only Albion patented Mg bisglycinate. Plus Fibro-Care™ includes the bio-available cofactors of B<sub>1</sub>, B<sub>6</sub> and manganese. Malic acid helps energy and pain, Fibro C™ boosts activity.

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T. Romano MD, Magnesium Deficiency in Fibromyalgia Syndrome, *J Nutr Med* (1994). M. Pellegrino MD, *Fibromyalgia Up Close & Personal* (2005).

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# Rave Reviews for Fibro-Care™

*The Original & the Best Magnesium since 1994!*

The Original Magnesium & Malic Acid used in a successful double-blind, placebo-controlled study for Fibromyalgia & SEID (ME/Chronic Fatigue Syndrome). Since Fibro-Care™ worked for these conditions, think what it can do for you!

## A TyH Exclusive Formulation



I'm  **Gold Medallion**  
& 

### DOCTOR RECOMMENDED

“I was using another magnesium and malic acid product for several years, thinking they were all the same. **When I tried Fibro-Care™ on some of my patients as a test, they felt better!** I now give Fibro-Care™ exclusively to all my patients with great results.”

**Mark Pellegrino, M.D.**

*Author of **Fibromyalgia: Up Close and Personal**  
Named in **Best Doctors In America**  
Clinician who's cared for more than 25,000 FM patients*

### The BEST in a National Survey

In a national survey conducted by the Fibromyalgia Network, magnesium was the number one supplement mentioned as helpful. The October 2010 article stated **“the best formula that combines all ingredients so that you can take the supplement throughout the day is Fibro-Care™ by To Your Health.”** This is an unsolicited, unpaid kudos from the Network.

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I've been on your Fibro-Care™ for 16 years. I've tried other magnesium that was much more expensive and had a metallic taste and you could hardly get them down. Then someone told me about your company. I am really pleased with yours. It's just wonderful!  
Ginny S, MN

I recommend your company to a lot of people who come through my office. Thank God for Fibro-Care™ - it's gotten me through the last 7 years!  
Carol B, CA

WOW! With rare exceptions, thanks to Fibro-Care™ I have enjoyed 20 years of pain-free living. The best part is that there are NO side effects. I enjoy gardening, camping, and hiking. My husband also says thanks to TyH... you are truly a “wife” saver.  
Susan H, WA

Fibro-Care™ is my favorite product. My daughter uses it too for fibromyalgia. Your products are excellent and I feel safe using them.  
Jane J, HI

I have been using Fibro-Care™ for 2 months and I ran completely out 2 weeks ago. I went into a major flare and have been utterly miserable for a week now. Thank you for your amazing products. I'll never let my Fibro-Care™ run out again!  
Rhea B, AL

I have been taking Fibro-Care™ since 1996 when back to back accidents resulted in fibromyalgia and chronic myofascial pain syndrome. Lucky for me, I was referred to a doctor that started me on supplements from TyH. I cannot live without my Fibro-Care™. The difference in my body's ability to move fluidly is amazing! I can't thank you enough.  
Debbie M, WA



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