

# 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. Low Mg levels are found in\*\*

- ◆ Brain Fog
- ◆ Celiac
- ◆ Diabetes
- ◆ Fatigue & Muscle Pain
- ◆ Fibromyalgia & ME/Chronic Fatigue
- ◆ Heart Disease & Hypertension
- ◆ Irritable Bowel Syndrome
- ◆ Obesity
- ◆ Sleep Issues
- ◆ Vascular Disease

A Magnesium Red Blood Cell test (Mg RBC) measures cellular Mg levels. It is the test that Thomas Romano, M.D. recommends.\*Dr. Romano suggests an RBC Mg level of 5.5 mg/dL. If the level is low (even low normal), oral Mg is recommended. An IV drip or intra-muscular (push) Mg therapy may be necessary to bring levels up to normal more quickly.

## HOW TO GET TESTED

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. Therefore, ask your doctor for the Mg RBC test.

Your doctor's office can draw the necessary blood and ship it to Quest for processing if a local laboratory does not offer Mg RBC testing. Your doctor needs a Quest client number or account first. You may wish to have the test done even if your insurance company does not pay for it. Check with your local lab for the cost. To find a Quest laboratory near you call the general number below.

Quest Labs 866-697-8378 (National)  
Sonora Quest 602-685-5000 (Arizona)

*MEDICAL DISCLAIMER: For informational purposes only. Not intended to diagnose, cure or treat any disorders, or replace professional medical counsel.*

## MAGNIMIZE™ YOUR MAGNESIUM!

### TAKE FIBRO-CARE™ - FOR OPTIMUM CELLULAR ABSORPTION



Taking the right form of Mg makes THE difference in how much gets inside 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 or have a token amount of a chelate. These forms are hard to break down and absorb, which contribute to GI discomfort, constipation or diarrhea. We use only Albion patented Mg bisglycinate. Plus Fibro-Care™ includes the bio-available cofactors of B1, B6 and manganese. Malic acid helps energy and pain, Fibro C™ boosts activity. Fibro-Care™ was also part of an effective, double-blind, placebo-controlled study.

**Fibro-Care™. The original and the best for 20 years!**

\*Dr. Thomas Romano has no monetary affiliations with TyH, Inc. or Quest Labs. He is a rheumatologist by specialty, clinician, researcher, and author of "Magnesium Deficiency in Fibromyalgia Syndrome" published in the *J Nutr Med* (1994) 4:165-167. Dr. Romano practices in Martin's Ferry, Ohio. \*\*Resources: Seelig, M. MD *The Magnesium Factor*; Pellegrino, M, MD *Fibromyalgia, Up Close and Personal*, author and physician with fibromyalgia who has seen more than 25,000 fibromyalgia patients in his practice.

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