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and have abundant energy, a calm  
mind and perfect health. Day by  
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MAGNESIUM Carolyn Dean MD ND

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Begins Change Your Life with Mag

Ver1.6 - MiSMo Body

Care Magnesium is required for the

proper growth and maintenance of

bones. Magnesium is also required

for the proper function of nerves,

muscles, and many other parts of

the body. In the

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ailment can be cured with  
Windex. Well, that's exactly how I  
feel about magnesium. From aches  
and pains to insomnia and even  
migraines, I don't think it would be  
a stretch to say that magnesium  
truly is the miracle mineral. Why  
magnesium is the miracle  
supplement of our time |  
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up on Magnesium can Literally  
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Feeling chronic fatigue could be one  
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magnesium. Magnesium is a very



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you can enjoy, knowing that you're  
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