



**WHAT EVERYONE OUGHT TO KNOW ABOUT
THE DAMAGING EFFECTS OF STRESS AND
THE POWER MINERAL EXPERTS SAY
PROTECTS YOU**

What is Magnesium Breakthrough Supplement?

Regarding the authority site, [Magnesium Breakthrough](#) is the finished equation that contains 7 key types of magnesium in the right extent to work on your wellbeing and fix the sensory system. As per the maker, this very supplement may switch any insufficiencies and kills the constant pressure that prompts numerous different complexities. The maker likewise guarantees that this item can fix the genuine reason for the pressure and control the many biochemical responses in the body. It might likewise control pressure and its elements. Concerning the authority site, the item is liberated from mercury, lead, arsenic and different added substances. The item is moderate, powerful and straightforward. It will be taken on a void stomach to feel the greatest assimilation and battle pressure. It gets assimilated rapidly and goes through the stomach related track which makes you begin seeing the smoothness and unwinding.

As indicated by the authority site, this supplement is liable for almost 600 biochemical responses in the body and makes you battle with rest, torment, energy, digestion and more when it decays. This declination of supplements builds the pressure which expands cortisol chemical, tummy fat and disturbs all the body interaction like processing, nervousness, absence of rest, memory impedance and that's only the tip of the iceberg. Consequently the maker determines that in the wake of making research he found that Magnesium is the lone supplement that can overcome pressure at its root. It might likewise further develop the cerebrum work and forestall nervousness. As indicated by the authority site, he at long last presented various types of magnesium in the item at the right amount to stop the ongoing pressure.



Do you feel stressed? Perhaps you're feeling anxious, worried, or frazzled?

Day in and day out, is it hard to think clearly? Do you struggle with brain fog, have trouble focusing, and feel as if you can't get anything done?...If this sounds familiar, you'll want to pay close attention to what I have to say next.

Because constant feelings of stress and anxiety could be signs that something else is seriously wrong...something lacking in your body that's sabotaging your ability to effectively think, create, follow through, get things done, and more importantly...

Deal with stress.

I'm talking about the lack of a vital nutrient so critical, it's used by your body in over 600 chemical reactions. It's also one of seven essential macrominerals that must be consumed daily in large amounts.

Yet it's estimated that more than 60% of Americans are deficient.

Why?

Because the soil levels of this [health-boosting mineral](#) are lower than they've ever been. Plus, chemicals in our water supply make what little amounts we do get less available. Add in the daily use of sugar and caffeine, which also depletes this mineral, and it's no wonder most of us are lacking.

And if that wasn't bad enough...

High levels of stress further deplete your supply.

Bottom line...

Low levels of this mineral can wipe you out.

And even if you do your best to maintain a healthy lifestyle, it can STILL happen to you.

It DOES NOT discriminate...

It can rob years of quality from your life and steal away your productivity.

Imagine, being stuck on a mental hamster wheel for the rest of your life...never really getting anything done. Always stressed, always feeling overwhelmed, and your best thinking clouded behind a sea of thick, dense fog.

Well, that's exactly what can and will happen if you don't get this deficiency under control.

So make sure you read this entire report all the way to the end.

Because, in the next few minutes I'll reveal exactly what this mineral is, the 7 different forms this mineral comes in (you need all 7), and a simple solution that delivers the highest quality and the purest forms of each.



STRESS KILLS

In fact, if you had to pick ONE THING that put your health and life at risk for more than anything else... it would definitely be stressful.

According to the American Psychological Association, "chronic stress is linked to the six leading causes of death."

Stress has been implicated in heart issues, inflammation, obesity, mental illness and more.

Most people think of [stress as caused by things like work, traffic, tense relationships...](#)

And they focus on "solutions" like meditation, going to the spa, and so on.

Chronic Deficiency of This Nutrient is a Bona Fide Epidemic.

Studies show a direct correlation between [deficiency and levels of anxiety and stress.](#)

And stress ruins nearly every aspect of your health, in part because it increases stress hormones like cortisol.

In fact, a Yale study found that stress can cause abdominal fat in otherwise slender women!

According to the Mayo Clinic, the long-term activation of the stress-response system — and chronic overexposure to cortisol and other stress hormones — can disrupt almost ALL your body's processes.

Stress Ruins Your Sleep

According to the National Sleep Foundation, "stress causes insomnia by making it difficult to fall asleep and to stay asleep, and by affecting the quality of your sleep."

Worse, 63 different studies found that stress "decreases in slow wave sleep, REM sleep, and sleep efficiency (SE), as well as increases in awakenings."

Given that sleep is connected to just about everything else: recovery, weight, heart health, on and on — this should scare us all.



Stress Makes You Gain Weight

First, because it affects your blood sugar, [a critical factor in your weight and longevity.](#)

Second, in a study published in April of 2015 in Biological Psychiatry , women who had one or more stressful events during the previous 24 hours burned 104 fewer calories in the seven hours following a fast-food meal than women who ate a similar meal but were stress-free.

THIS ADDS UP TO 11 MORE POUNDS OF FAT...EVERY. SINGLE. YEAR.

This is how people “get heavier as they get older” or develop that “big boned” look with age — the stress leads to weight gain, and the weight adds up over the years.

The bottom line is pretty clear:

Stress makes you fat (especially around the midsection)... ruins your sleep... makes you more likely to suffer from one of the six leading causes of death...

I don't think I need to beat you over the head with any more research or horror studies about the problems with stress.

You know it's bad.



Why This Is the ONLY NUTRIENT that Defeats Stress at a Cellular Level

A 2010 review of [natural treatments for anxiety found that magnesium](#) could be a treatment for anxiety.

More recently, a 2017 review that looked at 18 different studies found that magnesium did reduce anxiety.

These studies looked at mild anxiety, anxiety during premenstrual syndrome, postpartum anxiety, and generalized anxiety.

According to this review, one of the reasons why magnesium might help reduce anxiety is that it may improve brain function.

Now, you might be thinking: “there are a gazillion magnesium products out there. If magnesium were the solution to stress — more people would be stress-free.”

Magnesium is the fourth most abundant mineral in the body and is needed for everything, including:

Maintaining normal muscle and nerve function

Keeping a healthy immune system

Maintaining normal heart rhythm

Building strong bones

And lowering cortisol levels

In fact, in the last study cited above — the researchers were quoted as saying, “magnesium status is highly associated with stress levels.”

Magnesium has been proven to help your mitochondria generate and use ATP, the main unit of energy in the body's cells.

That's why another study says, "mitochondria are intracellular magnesium stores."



Why Getting ALL 7 Forms of Magnesium Transforms Your Stress & Performance

One of the biggest misconceptions about magnesium is that you just "need more" of it and you'll be healthy and optimized.

But the TRUTH is, there are many different types of magnesium — and each plays a critical role in different functions in your body.

Most “healthy” people only get 1-2 forms at best (much of the population is deficient in all forms) — but when you get all 7 major forms of magnesium, that’s when the magic happens.

You Need FULL SPECTRUM Magnesium

Whatever your diet or workout goals, magnesium can help make it work better. However, without adequate magnesium, you’re setting yourself up to fail.

Why? One reason is that you tend to lose a lot more water from the body in the initial state of most diets (especially lower carb diets.)

As glycogen is stored in the body as one-part glycogen and three parts water, it means that more water is dumped through the kidneys.

And since magnesium levels are controlled through the kidneys, this can then inadvertently cause a drop in serum magnesium levels.

In fact, the 7 different forms of [magnesium connect to a variety of biological systems.](#)

When you get them in the right dose, everything works better.

Without them, EVERY biological system is compromised...

We spent years researching and experimenting with all the different forms of magnesium.

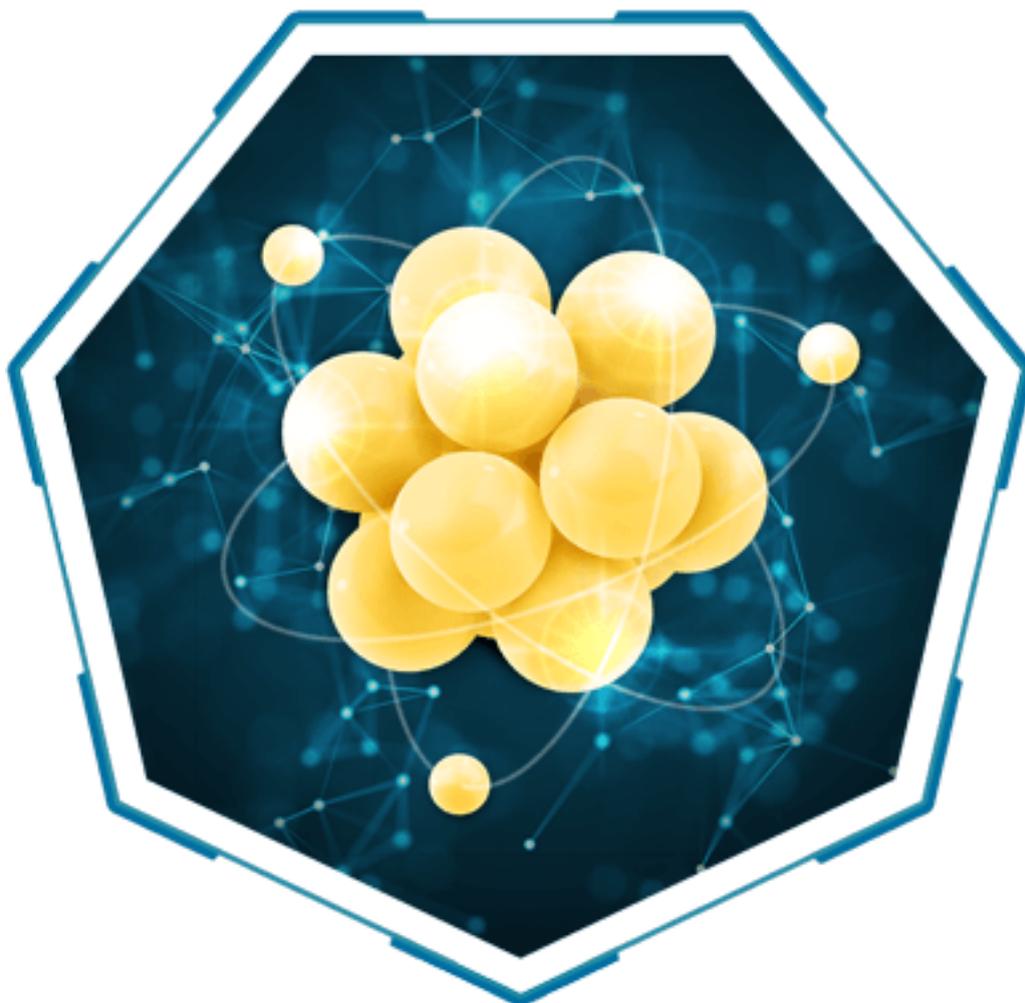
We tried virtually every product on the market. We tried a variety of blends.

At the end of the day, we realized that most magnesium products only had a few forms of the magnesium your body needs (at best)...

Plus, nobody had “cracked the code” on the right ratios of these different forms.

So we realized we needed to create this product ourselves.

We brought in one of the smartest formulators in the world to work with us, and the result is Magnesium Breakthrough.



The Most Potent, Complete, First FULL SPECTRUM Magnesium Formula Ever Created

Magnesium Breakthrough is a complete formula that includes naturally-derived forms of all 7 forms of supplemental magnesium.

There are no synthetic additives or preservatives in our formula.

This is the most potent oral magnesium you will ever find. Period.

You take it on an empty stomach... and you often feel it within 30 minutes. Taking it without food in your stomach allows for maximum absorption.

Magnesium Breakthrough has been detected free of:

Mercury Lead Arsenic Fluoride

Each batch is produced under strict quality control standards.

Magnesium Breakthrough combines 7 types of magnesium in a humic/fulvic monoatomic blend, to optimize absorption.† And to our knowledge, it's the most complete magnesium supplement blend available.† May support digestion and promote more restful sleep.

Directions: Take 2 capsules with your evening meal. Store in a cool/dry location away from direct light.

Caution: Keep out of reach of children. As with any product, discontinue immediately if adverse effects occur. Please consult a physician before beginning any new supplement, diet, training program, or if you are undergoing treatment of a medical condition.

To reorder or contact us, please visit: BiOptimizers.com

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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts
Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B6 (as pyridoxine HCl)	2 mg	118%
Elemental Magnesium (from 1711 mg of Magnesium Proprietary Blend)	500 mg	120%
Magnesium Chelate		
Magnesium Bisglycinate		
Sucrosomial® Magnesium (as magnesium oxide)		
Magnesium Malate		
Magnesium Orotate		
Magnesium Taurate		
Magnesium Citrate		
Humic/Fulvic Monoatomic Blend		
Manganese (as manganese citrate)	1 mg	43%

Other Ingredients: Cellulose (capsule), Nu-Mag®, Nu-Flow®, Silica. Sucrosomial® is a registered trademark of Alesco S.r.l. Nu-Flow® and Nu-MAG® are Registered Trademarks of RIBUS, Inc.

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How to Take Magnesium Breakthrough for Maximum Results

Because [Magnesium Breakthrough](#) is taken on an empty stomach, is quickly dissolved, and contains all the necessary cofactors... It quickly passes through the digestive process and is absorbed at a very high rate.

Many notice a sense of calm and relaxation as their nervous system and stress levels are soothed.

And better sleep is often observed within the very first week, if used daily and as instructed.

Most people use Magnesium Breakthrough in the morning, to help them stay calm and resilient to stress throughout the day.

Others take it before bed to fall asleep faster and sleep more deeply.

And within 3-5 weeks, most people experience a level of peace and serenity that they haven't felt in a very long time.

As always, it's still best to consult with a licensed medical professional if you have any concerns prior to starting.

Use Magnesium Breakthrough To Beat the Root Causes of Stress, Inflammation and More

No matter what diet you're on...

No matter what your health goals or dreams...

Chances are, you can benefit from [correcting magnesium deficiency](#) and lowering your stress levels.

You've seen all the reasons why trying to focus purely on dieting isn't the answer, because if you're lacking magnesium, have high cortisol, and feel stressed... you'll never lose weight.

Now, it's time to move forward.



[Official Website: Click Here to Visit Magnesium Breakthrough Website](#)

