



Nutriden Announces New Sleep Aid Formula with Magnesium

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Magnesium Has Been Associated with Helping the Elderly Sleep

As part of the company launching into the marketplace, Nutriden Inc. is launching its new sleep aid with melatonin to assist the elderly in getting a good night's sleep.

Melatonin is the most well-known hormone in relation to inducing sleep for all ages. The main benefit of taking melatonin is to adjust the body's internal clock so that it relaxes the mind and body and encourages sleep. Now, magnesium has now been associated with improving sleep quality and reducing insomnia in the elderly.

Magnesium is a macro-mineral and is needed in large amounts by the human body to facilitate hundreds of chemical reactions throughout the body. Magnesium is the second most abundant element inside human cells. The main benefit of taking magnesium is helping the body transition into a relaxed state.

Magnesium helps by triggering a sequence of chemical reactions that begin a "wind down" of sorts to get

ready to sleep. In the case of sleep, magnesium is the primary ingredient in muscle relaxation and magnesium has a neuroprotective effect that is important in every stage of sleep. Magnesium assists in slowing metabolic processes and lowering brain temperature as the body tries to repair daily damage during sleep cycles, and magnesium helps regulate key hormones responsible for not only helping people to fall asleep, but also helping them to stay asleep.

According to one study cited in the Journal of Research in Medical Sciences (2012 Dec; 17(12): 1161-1169), Nearly 50% of older adults have insomnia, with difficulty in getting to sleep, early awakening, or feeling unrefreshed on waking. With aging, several changes occur that can place one at risk for insomnia, including age-related changes in various circadian rhythms, environmental and lifestyle changes, and decreased nutrients intake, absorption, retention, and utilization.

As people age falling and staying asleep is not as easy as it once was and like many other hormones and elements magnesium levels and absorption can decrease with aging, which in turn can affect sleep.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing it's customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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