



## **Magnesium Deficiency Symptoms Trigger Pure Micronutrients To Discuss Insomnia**

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Health and Nutrition company Pure Micronutrients in Portland, OR, has named July as Sleep Month. The company, who specializes in vitamin supplement formulation, focuses on a specific supplement that can help address the issue of the month. This month, therefore, all eyes are on magnesium supplements and how these may help insomnia sufferers.

"July is a month in which people just want to relax and chill, enjoying the summer," says Tessa Sanos from Pure Micronutrients. "However for those who suffer from insomnia and other sleep problems this is often not the case! What a lot of people don't realize is that one of the most common symptoms of a magnesium deficiency is fatigue and sleep disorders.?"

"Magnesium is a crucial mineral that your body uses for more than 300 different enzymatic processes," adds Tessa Sanos. "This means that it is in high demand! People who are magnesium deficient may experience muscle spasms and cramps, migraines and headaches, hypertension, thyroid problems and/or stress and anxiety. Furthermore, one of the most common symptoms of a magnesium deficiency is fatigue and sleep disorders."

The supplement can be used by men, women, teenagers and the elderly alike. Magnesium bisglycinate, as it is found in Pure Micronutrients' magnesium supplement, helps ensure your magnesium levels are adequately maintained. As such, people may notice that they not only sleep better, but that they feel better in other areas of their lives.

The supplement is an easy to take, natural product formulated to ensure maximum absorption, to quickly address all the different elements associated with a magnesium deficiency. People are noticing the various benefits it offers, including the fact that it helps to relieve stress. Additionally, it can be taken by those following a GI diet. The supplement contains 100% of the daily recommended intake of magnesium, which means consumers know for a fact they are taking as much as they need to.

The reviews have been overwhelmingly positive: "Easy to swallow, no GI upset, decrease in muscle cramping, and increased energy," says one happy customer. "That about sums up the effects I experienced only days after starting to take these supplements." By taking magnesium bisglycinate and ensuring our bodies maintain the appropriate magnesium levels, people have more energy and simply feel better.

Sleep deprivation over a period of time can have significant negative impacts on a person's health. While a magnesium deficiency may not be the cause in all insomnia cases, given the vital role the vitamin plays within the body, suffers from insomnia or other forms of sleep disorders, should certainly explore their levels to be sure. A good night's sleep could be just around the corner!

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For more information about Pure Micronutrients, contact the company here: Pure Micronutrients Tessa Sanos +1-631-855-3425 support@puremicronutrients.com 13820 NE Airport Way Suite #K90201 Portland, OR 97230

## **Pure Micronutrients**

*We are dedicated health practitioners who are passionate about formulating and delivering professional health supplements. We provide customer support that educates and inspires people to achieve their health potential.*

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