



Average American Deficient In Magnesium - Magnesium Oil Can Help

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Beaverton, OR business Pure Vitality Minerals is drawing attention to the fact that the average American suffers from magnesium deficiency. This is due to poor diet and other lifestyle choices in the main. While there are certain foods that are high in magnesium, the company is suggesting that people try to use magnesium oil because it may be able to provide quicker and more significant results.

Pure Vitality Minerals' Keegan Allen says: "Having a magnesium deficiency can lead to a number of significant complaints. These include migraine, anxiety and restless leg syndrome to name but a few. It is very difficult to diagnose magnesium deficiency, however, as only very low levels are present in the blood. As such, many people often go through life not knowing that this is what is causing their symptoms. In addition to this the fact that, due to our poor diets, most people have low levels of magnesium, and it becomes even clearer that something needs to be done."

Pure Vitality Minerals is on a quest to improve the overall health of the average American. Hence, while they recommend that people use their magnesium citrate oil, which is made from 100% natural ingredients and has not in any way been diluted, they also recommend people change their diet and lifestyle to gain more

magnesium. They recommend foods such as dark leafy vegetables, avocados, whole grains, fish, and more. However, while these will be beneficial, they feel it is important that people give themselves a boost to immediately address the issue first, which may be achieved by taking magnesium oil.

Those who have used the oil have been overwhelmingly positive about it. "This magnesium oil is a great way to increase the body's need of magnesium without having to swallow horse pills," says Dixie. "I simply spray the bottoms of my feet after a shower. I then put socks on and go to bed. That's it. My recipe for a restful night. The skin is effective in absorbing needed nutrients. Magnesium also is helpful in treating muscle cramps, anxiety, headaches, and hyperactivity. It certainly helps my family."

Pure Vitality Minerals also wants to add that, while the oil is excellent as a topical remedy, it can also be consumed orally by mixing it in water.

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Pure Vitality Minerals

The Online Connection launched the Pure Vitality Minerals brand in response to demand for a high quality, pure Magnesium Oil sourced in the USA.

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