



Blood Tests Ineffective For Gauging Magnesium Deficiency; Magnesium Oil Recommended For Symptoms

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Pure Vitality Minerals, a business in Beaverton, OR, is drawing attention to the fact that blood tests are relatively ineffective in gauging deficiency in magnesium. This is due to the fact that less than 1% of magnesium is actually in the blood. Instead, low levels of magnesium are generally diagnosed by symptoms alone. These include insomnia, anxiety, migraines, PMS, restless leg syndrome and more. The company suggests that people who suffer from these symptoms may experience some relief when using magnesium oil.

Keegan Allen from Pure Vitality Minerals says: "The vast majority of people who suffer from magnesium deficiency never realize it. They think they are just unlucky to suffer from things like migraines and anxiety. Because magnesium levels cannot be detected through blood tests, most medical professionals tend to overlook magnesium deficiency as the cause of these symptoms as well. We recommend that people try our magnesium oil to see whether it will make them feel better."

The oil is 100% pure and undiluted, which sets it apart from other oils on the market. Most other oils contain

water, which makes the product less effective. People can choose to dilute the Pure Vitality Minerals product themselves if they do not require a heavy dosage.

The oil is highly purified by a company that can be audited by those who choose to do so. The magnesium oil can be taken orally and has been approved for both food products and pharmaceutical use. Furthermore, it can be used as a topical remedy as well.

Those who have tried the oil have been overwhelmingly positive about the results they have experienced. "I was hoping for a miracle when I ordered this product," says Anne P. "I suffer from fibromyalgia and arthritis. To my surprise, this magnesium oil was exactly what I needed. I have been dealing with leg cramps and awful extreme foot pain the last few weeks. When I got this in the mail, I was skeptical, but hoped it might help. I came home after a really long day at work and was in an awful lot of pain. I decided to give this a go. I sprayed five pumps on the bottoms of my feet, and rubbed it in a circular motion for a minute or two. It seemed to have a strange residue feeling, which is probably from its natural ingredients, then I waited to see if anything would happen. I also did my fiance's feet as he suffers from neuropathy due to diabetes and is always complaining about pain in his feet. After several minutes I honestly felt relief and refreshed. I couldn't believe it."

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For more information about Pure Vitality Minerals, contact the company here: Pure Vitality Minerals Keegan Allen +15036084615 keeganallen@purevitalityminerals.com 9450 SW Gemini Dr #41107 Beaverton OR 97008 7105

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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