

Magnesium is Vital for Women of all Age Groups

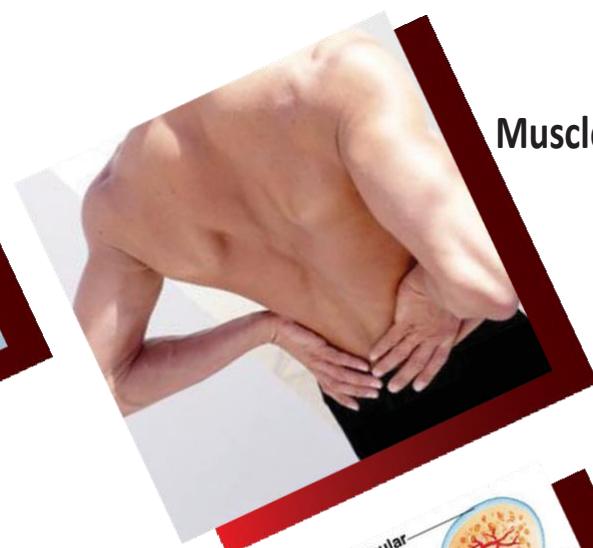
Indian study confirms the deficiency of magnesium - 43.6% in pregnant women. Magnesium is an essential mineral and a cofactor in more than 350 enzymatic reactions in the body.

The Indian Journal of Pediatrics, November 2004, Volume 71, Issue 11, pp 1007-1014

Supplementation effective in



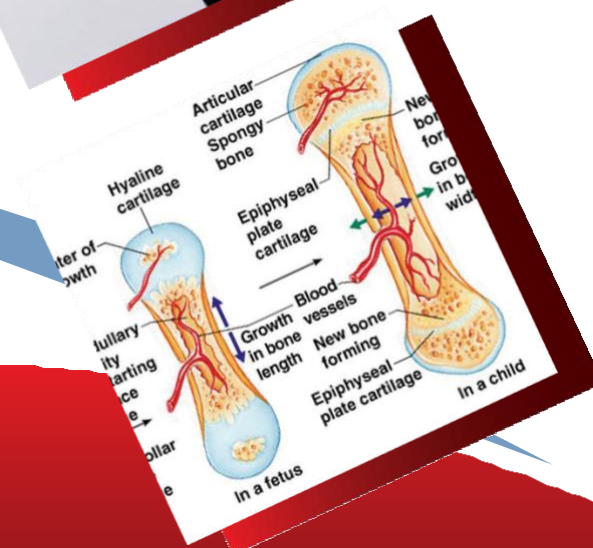
Leg cramps



Muscle fatigue



Pre-eclampsia



Bone formation

CRAMNILTM

The best Magnesium for best results

Magnesium Bisglycinate the right salt: Most bioavailable & safe

The **chelated form** (bound to 2 glycine molecules) of magnesium in Bisglycinate has proven to be the most bioavailable form of this micronutrient, with rates of absorption in excess of 200% higher than other forms such as magnesium chloride.

Magnesium bisglycinate, has a far wider margin in regards to diarrhea and can therefore be used at higher doses safely.

Safe for mother and infant

The use of magnesium does not appear to have harmful effects on the mother or infant in the short term.

American Family Physician, Volume 80, Number 2, July 15, 2009



Clinically proven therapy - Cramps

Fifty percent reduction of cramp frequency was significantly higher in the magnesium group than the placebo group (86.0% vs. 60.5%, $P = 0.007$). The 50% reduction of cramp intensity was also significantly higher in the treatment group than in the placebo group (69.8% vs. 48.8%, $P = 0.048$).

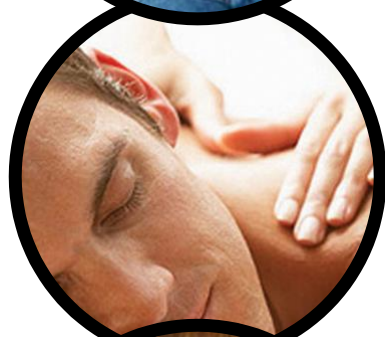
Matern Child Nutr. 2012 Aug 22



Dysmenorrhoea

Magnesium is potentially a side-effect-free natural alternative to PG-synthesis and ovulation inhibitors in the treatment of primary dysmenorrhoea.

Metagenics, p 14



Muscle energiser

Magnesium plays a crucial role in energy production (formation of ATP), and in the synthesis of DNA and RNA.



Osteoporosis

Bone tissue is acutely dependent on magnesium for normal metabolic growth and development.

Metagenics, p 14



Magnesium deficiency is common - Pregnancy

Magnesium deficiency in pregnant women is frequently seen because of inadequate or low intake of magnesium.

Magnesium deficiency in pregnant ladies will lead to life threatening complications for mother as well as babies.

World Appl. Sci. J., 17 (8): 1005-1008, 2012



Preeclampsia

Favourable results have been reported in 80% of 3,000 women given 200 mg per day magnesium for prophylaxis of pre-eclampsia while they were pregnant. The supplementation resulted in a marked reduction in pre-eclampsic episodes in patients taking prophylactic magnesium.

Magnes Res Dec 1992;5(4):277-9.

CRAMNILTM

The best Magnesium for best results

1. Loosens muscles
2. Decreases pain by blocking the NMDA receptor in the brain and nervous system.
3. Dampens inflammation by inhibiting cytokine release in muscles and the entire body



Dose	1 Tab/day
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Muscular Aches



Fibromyalgia



Arthritis



Pains



Spasms and Stiffness

1. **Loosens muscles**
2. **Decreases pain** by blocking the NMDA receptor in the brain and nervous system.
3. **Dampens inflammation** by inhibiting cytokine release in muscles and the entire body



CRAMNILTM

Designed to relax the muscles

- Magnesium Bisglycinate is an essential mineral and a cofactor in more than 350 enzymatic reactions in the body.
- Magnesium plays a crucial role in energy production (formation of ATP), and in the synthesis of DNA and RNA.
- Not available in sufficient quantity in food/Water.

Magnesium deficiency linked to elevated CRP (C Reactive Protein) levels

C-reactive protein (CRP) test-in 3,800 men and women and found that those who got less than 50% of the RDA (310 to 420 mg) for magnesium were almost three times as likely to have dangerously high CRP levels.

Pain relief and muscle relaxation for people with arthritis and muscle cramping is an important and significant benefit of magnesium.

Treat both the symptom and the cause.

CRAMNILTM

The best Magnesium for best results



Muscle cramps



Muscle fatigue



Insulin resistance



Hypothyroidism



Diuretic induced magnesium depletion

1. **Loosens muscles**
2. **Decreases pain** by blocking the NMDA receptor in the brain and nervous system.
3. **Dampens inflammation** by inhibiting cytokine release in muscles and the entire body



Cramnil

- Clinically proven therapy in cramps
- Enhances ATP production

The production of ATP from ADP and creatine phosphate, which is mediated by creatine phosphokinase, an enzyme regulated by magnesium

Improves glycemic control

Clin Kidney J (2012) 5[Suppl 1]: i25-i38

Diuretic induced magnesium depletion

Electrolyte imbalances including hypomagnesaemia, often caused by the use of diuretics, should be corrected in patients suffering from arrhythmias, irrespective of the form and/or underlying cause.

Clin Kidney J (2012) 5[Suppl 1]: i25-i38

Helps in correcting magnesium deficiency in Hypothyroidism