

Here at Slow-Mag® Tablets, we are excited to present new additions and updates to our website. New to the site are a series of webisodes, with helpful tips from sports dietitian, Jenna Bell-Wilson, PhD, RD, CSSD as well as some great magnesium-rich recipes. We also have a new and improved Magnesium Calculator to help you add up your daily magnesium intake.



Did you know that 7 out of 10 people don't get enough magnesium from their diet?¹ Are you getting enough magnesium? To determine the optimum magnesium levels for your good health and find out whether you are getting enough magnesium from your diet, visit the Slow-Mag® Tablets [Magnesium Calculator](http://slowmag.com) at slowmag.com.

On September 27th, 2009, Slow-Mag® Tablets participated as a sponsor of the Westchester Triathlon in New York. In preparation for this event, Jenna Bell-Wilson, a certified sports dietitian and triathlete recorded several webisodes regarding healthy nutrition for those with an active lifestyle. These webisodes include some strategies for good nutrition, ways to avoid a low magnesium diet, along with some helpful tools available to you on slowmag.com.



Magnesium has been linked to a wide range of vital health functions and is a mineral that is important to help maintain good cardiovascular health.* Avoid low magnesium levels with some of our delicious magnesium-rich recipes.

Slow-Mag® Tablets is offering valued subscribers like you a \$2.00 rebate on your next purchase of Slow-Mag® Tablets. Visit slowmag.com to get yours now!



¹USDA Agricultural Research Service reports 32% of all US individuals are meeting the Dietary Reference Intake for magnesium. Available at: <http://www.ars.usda.gov/services/>