



Runner's Log

Sweating can drain magnesium from your body.¹

As with all of the important electrolytes except calcium, runners lose magnesium when they sweat. Sweating heavily drains magnesium and other electrolytes to a point that can interfere with important functions in the body.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Time								
Distance								
Pace								
Beginning Heart Rate								
Ending Heart Rate								
Terrain								

If you feel fatigued earlier in your run than you think you should, ask your physician or pharmacist if a dietary supplement such as SLOW-MAG[®] magnesium chloride might help boost your energy and endurance.

Slow-Mag[®] Tablets:
One of the best ways
to get the magnesium
you need.



¹ Ludaski, Henry C., "Magnesium, zinc, and chromium nutriture and physical activity" From the US Department of Agriculture, Agricultural Research Service, Grand Forks Human Nutrition Research Center, Grand Forks, ND. (Published in American Journal of Clinical Nutrition, Vol. 72, No. 2, 585S-593s, August 2000; website <http://www.ajcn.org/cgi/content/full/72/2/585S#SEC6>).