

HERE'S THE EXACT MAGNESIUM LOADING PROGRAM THAT WE USED TO TAKE US FROM BURNED OUT TO CALM AND OPTIMIZED IN LESS THAN 6 WEEKS

Here's the magnesium loading program that was given to us by Charles Poliquin and it produces magical results. You'll feel your entire nervous system shift to a state of beautiful zen calm as you go from magnesium deficiency to optimal levels. What we suggest is slowly ramping up the dosage for 6 weeks. At this point, your body's magnesium levels will be optimal. Then you can go back down to a maintenance dose.

In week 1, we suggest starting with 3 caps and then moving up to 1.5 grams a day.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	1 cap	1 cap	2 caps	2 caps	2 caps	2 caps	2 caps
AFTERNOON	1 cap	1 cap	2 caps	2 caps	2 caps	2 caps	2 caps
1 HOUR BEFORE BED	1 cap	1 cap	2 caps	2 caps	2 caps	2 caps	2 caps

Starting in week 2 until week 6, we're going to ramp to 2.25 grams of our elemental magnesium blend a day. Take your last dose about 1 hour before bed to help prepare your mind and body for a great night's rest.

WEEK 2 to WEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps
AFTERNOON	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps
1 HOUR BEFORE BED	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps

In order to do this loading program properly, you'll need 6 bottles of Magnesium Breakthrough.

We suggest grabbing the 2 x 3 bottle stack and doing the entire program as laid out above. It's one of the most powerful health-boosting programs we've ever discovered and done. And we're confident that it will produce similar results for you.

MAINTENANCE AND SLEEP OPTIMIZATION SUGGESTION

For a maintenance dose program, we suggest taking 1 or 2 caps in the morning to calm your nervous system for the day (good to counterbalance the stress from coffee). For the best sleep quality, we suggest taking 2-3 capsules 1 hour before bed to help kickstart your natural serotonin and melatonin process and get great sleep.

MAINTENANCE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	1-2 caps	1-2 caps	1-2 caps	1-2 caps	1-2 caps	1-2 caps	1-2 caps
1 HOUR BEFORE BED	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps	3 caps

STRESSED OUT DAY SUGGESTION

For tough days where you feel stressed out, we suggest starting with 3 caps immediately. And then take 2 caps every 2 hours until you feel calm again.