

HOW TO REDUCE STRESS

Magnesium Breakthrough is an absolute game-changer for reducing stress. Our magnesium loading program has transformed the lives of tens of thousands of people worldwide. It helps shift your nervous system into a "relaxation mode." It turns you from stressed to zen.

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 deficient to having optimal levels. What we suggest is slowly ramping up the dosage for six weeks. At this point, your body's magnesium levels will be optimal. Then you can go back down to a maintenance dose.

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

In week 2, ramp up the dose. Increase your pre-bed dose to 2 capsules.

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

In week 3-6, ramp up the dose to 5 capsules a day.

WEEK 3 - 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
A.M.	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP
AFTERNOON	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS
1 HOUR BEFORE BED	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS

MAINTENANCE AND SLEEP OPTIMIZATION SUGGESTION

For a maintenance dose program, we suggest taking 1 capsule in the morning to calm your nervous system for the day (good to counterbalance the stress from coffee) and 1 early afternoon. 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 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP
AFTERNOON	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP	1 CAP
1 HOUR BEFORE BED	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS	2 CAPS

Be aware that when you increase your Magnesium Breakthrough dose, it may disrupt your digestive system because magnesium draws water. Reduce the dosage by 1 capsule if that happens. And once you're adapted, you can try increasing the dose again.