

## MAGNESIUM HYDROXIDE - LifeBlud

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### Magnesium Hydroxide Powder with Sodium Bicarbonate and Potassium Bicarbonate

For the purpose of making **Magnesium Bicarbonate** electrolyte solution.

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What is Magnesium Bicarbonate? Check out the supplement background tab below to learn.

How does it compare to other forms of magnesium.

<https://lifeblud.co/blogs/research/magnesium-bicarbonate-vs-other-magnesium-supplements>

*Third-party lab tested for purity.*

**Each package contains:** 132g

**Servings per bag:** 60

**Each serving (2.2g scoop) contains:**

Magnesium (from Magnesium Hydroxide): 720mg

Potassium (from Potassium Bicarbonate): 39mg

Sodium (from Sodium Bicarbonate): 27g

### Benefits

Magnesium is arguably the main conductor of electricity in the human body, along with water. It has a role in the activation of over 40% of the enzymes in our bodies (3700+), and helps us with many functions including but not limited to:

Synthesize hormones from cholesterol\*

Produce energy from the food we eat\*

Relax muscles & prevent cramping\*

Lower stress\*

Sleep restfully\*

Regulate calcium levels\*

Support heart function\*

Maintain proper blood pressure\*

*\*These Statements have not been evaluated by the Food and Drug Association, or Health Canada. These products are not meant to diagnose, treat, cure, or prevent any diseases.*

### How to Take

Serving size: 1 scoop (2.2g)

## **FOR BEST RESULTS - How to make Magnesium Bicarbonate with Balance**

Start with 1L of cooled, carbonated water. This can be from a SodaStream, or a store-bought bottle.

Add 1 tsp (included scoop) of LifeBlud Balance powder into the water bottle, and tighten the cap as quickly as possible.

Shake for ~1 minute, and then return to the fridge.

After 30 mins to 1 hour, shake again. The more times you repeat this step, the better your end-product will be.

Once the solution is settled and clear, you have your own Magnesium Bicarbonate. Drink the clear solution only, and any residual powder can be left at the bottom of the bottle.