

# Magnesium Could Be a Great Solution for Insomnia Sufferers

Alana McIntosh May 18, 2017



Purest Vantage Magnesium Oil with Aloe Vera

**Purest Vantage offers Magnesium Oil Spray with Aloe Vera, which could help deliver sufficient amounts of magnesium inside the body.**

([Newswire.net](http://Newswire.net) -- May 18, 2017) Orlando, FL -- Sleep is probably one of the most important parts of the daily routines of humans. While it is human nature to fall and stay asleep for hours, there are those who simply can't get enough of it on a daily basis.

Magnesium could be a great solution for insomnia sufferers. For many people who suffer from certain sleep problems, life could be a struggle. Not getting enough sleep on a daily basis could make one feel groggy the following day.

There are those who are unable to function at work due to lack of sleep. There are sleeping pills available, which are actually used by many people from around the world. However, it is worth remembering that there have been negative claims about the use of these pills.

There are those who say that sleeping pills have helped them sleep, but they still feel like they have not been able to do so in the following morning. There are also some sleeping pills that cause side effects.

Cortisol, which is called the "Fight or flight" hormone, keeps people awake. The good news is that magnesium has the ability to down-regulate cortisol. It is further worth remembering that magnesium has the ability to promote muscle relaxation. Without magnesium, the muscles are actually unable to relax.

Serotonin, is a precursor for melatonin, which is the sleepy-time hormone. In one study, it has been found that elderly individuals who take 500mg of magnesium on a daily basis for 8 weeks experienced an increase in melatonin levels, and a decrease in cortisol levels. It is further worth remembering that having more serotonin could also boost immune function.

It can't be denied that magnesium is essential for the many processes and functioning inside the body. However, despite its obvious importance, not many people have sufficient supply of magnesium in their bodies. One of the reasons for magnesium deficiency is that many are unaware of its importance.

There are certain symptoms and diseases that are often caused by inadequate levels of magnesium inside the body. What is unfortunate is that sufferers tend to use certain pharmaceutical drugs when the right way to address the problem is to eliminate the deficiency.

It is important to understand that certain types of pharmaceutical drugs can cause side effects. These side effects could be detrimental to overall health. This is why it is imperative that consumers are able to address the root cause of the problem, which is magnesium deficiency.

Purest Vantage offers Magnesium Oil Spray with Aloe Vera, which could help deliver sufficient amounts of magnesium inside the body.

(<http://amazon.com/Aloe-Magnesium-Oil-Spray-Transdermal/dp/B01CRNYI2I>)

## About PUREST VANTAGE

Purest Vantage is passionate and dedicated to developing high-quality products that assist people in maintaining optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

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