Magnesium Could Be the Key to Having a Good Night's Sleep

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Purest Vantage Magnesium Oil Spray allows consumers to improve their magnesium levels in an easy, affordable, and effective way.

(Newswire.net -- June 23, 2017) Orlando, FL -- Sleeping pills are often resorted to by many individuals who are unable to get a decent sleep of those with insomnia. However, it appears that consumers do not have to depend on medications.

Magnesium could be the key to having a good night’s sleep. There are many people from around the world today who just can’t make their way to slumber.

As people age, there is a shift in their circadian rhythms because of reduced consumption of nutrients. It could also be due to decreased absorption of nutrients, which increases the risk of insomnia.

In a study, researchers had 46 participants and they were divided into the magnesium and placebo groups for an eight-week period. It was found that the group taking magnesium achieved a significant increase in the duration of their sleep.

The magnesium group also found it easier to fall asleep and had higher melatonin concentrations. It is important to understand that melatonin is the hormone that takes care of inducing sleepiness. They also had reduced levels of cortisol, which is a hormone linked with stress.

The study was published in 2012 in the Journal of Research in Medical Science. The researchers suggest that the use of magnesium supplements could reduce the risk and symptoms of insomnia. It also has a potential to improve sleep efficiency, sleep time, and sleep onset. What is even more interesting is that it could also help reduce cortisol levels.

Magnesium supplements could be helpful in fighting deficiency, which could increase the risk of various symptoms and conditions. There is a variety of food items that contain abundant levels of the mineral.

Minerals like magnesium are typically obtained through food. However today, modern technology has made it extremely easy for consumers to increase their magnesium intake.

Purest Vantage Magnesium Oil Spray allows consumers to improve their magnesium levels in an easy, affordable, and effective way. It could be extremely useful in infusing the skin cells with this essential, therapeutic mineral. This amazing magnesium spray comes in 12-oz. bottles with 3,575 mg of magnesium per ounce.

Individuals who are unable to get good sleep may use this spray, which can efficiently deliver abundant levels of magnesium. It is easy to use and affordable too.

What makes this product even more advantageous is that it comes with a 100 percent money back guarantee. This provides consumers with the opportunity to get a full refund within 90 days of purchase in case they become unsatisfied with this product.

(amazon.com/Pure-Magnesium-Oil-Spray-Transdermal/dp/B011T9TASI)

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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