

Researchers Find Link Between Magnesium Deficiency and Depression

Alana McIntosh November 10, 2017



Purest Vantage Magnesium Oil Spray

Purest Vantage Magnesium Oil Spray delivers the potentially therapeutic effects of this fantastic mineral with ease.

(Newswire.net -- November 10, 2017) Orlando, FL -- Depression may develop due to varying reasons. There are those who think it could simply be a result of certain challenges in life. However, it could simply be a manifestation of an underlying condition that the body is suffering from.

Researchers have found a link between magnesium deficiency and depression. This link has actually encouraged clinicians and researchers to find out if magnesium supplementation may be a potentially beneficial option for chronic and major depression.

While anti-depressants are widely used nowadays, it is important to remember that they may potentially cause some side effects. One of these side effects may be as extreme as committing suicide. The use of magnesium is not linked with neurological side effects.

Several studies reported by Georgy Eby of the Eby Research Institute demonstrate that intake of magnesium resulted in rapid major depression recovery. The dosage used ranged from 125 to 300 mg of supplemental magnesium. In a controlled, randomized trial involving elderly patients with depression and type 2 diabetes, the researchers tried to compare magnesium and an FDA-approved antidepressant.

The investigators found that both options were equally effective in decreasing the symptoms of depression.

It may be beneficial to increase magnesium intake to reduce the risk of depression and other symptoms of certain conditions. It is worth mentioning that magnesium deficiency has not only been linked with depression, but also other conditions.

Purest Vantage offers its pure magnesium oil spray to provide consumers with an easy way to increase magnesium levels in their bodies. This formula is known for its potency, purity, effectiveness, and safety.

It is manufactured in an FDA-approved facility in the United States without the use of harsh chemicals or dangerous processes. It comes in a large 12-ounce bottle that offers 3,575 mg of elemental magnesium per ounce. This makes it superior over other brands that only provide 3,182 mg per ounce.

This highly potent formula may not just be potentially useful in increasing magnesium levels in the body. It is also formulated with the intent to ease itching, irritation, sore muscles, migraines, leg cramps and joint pain.

Purest Vantage magnesium oil spray delivers the potentially therapeutic effects of this fantastic mineral with ease. Consumers do not have to swallow pills to increase their magnesium intake. In addition to all these features, it also comes with a customer satisfaction guarantee.

This money-back guarantee ensures that consumers are absolutely satisfied with what they are purchasing. Should consumers feel unsatisfied, they may request a full refund.

(<http://amazon.com/Pure-Magnesium-Oil-Spray-Transdermal/dp/B011T9TAS1>)

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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Source: <http://newswire.net/newsroom/pr/00098465-researchers-find-link-between-magnesium-deficiency-and-depression.html>