

Fibralgia

DIN 02238857, 90 capsules, Dietary Mineral supplement, Stock No. 4061-6

Millions of North Americans suffer from chronic muscle soreness, stiffness and fatigue, a condition known as fibromyalgia. If the body is deficient in energy-producing fuel, it breaks down muscle protein to create energy. This process may cause pain, fatigue, and other problems.

Researchers have recently found that many people with these signs of discomfort respond to supplements containing malic acid and magnesium. Malic acid is found naturally in high concentration in apples, grapes and cranberries. Along with magnesium, it provides fuel that generates energy to operate the body. Nature's Sunshine has combined these two nutrients in a product called Fibralgia.

A suggested daily regimen for chronic muscle fatigue consists of 2 capsules of Fibralgia twice daily; 1 capsule of St.John's Wort three times daily; 2-4 capsules of Super Oil or Flax Seed Oil daily; 6 capsules of Lecithin daily; and Super Vitamins & Minerals as directed.

Did you know?

For reasons unknown, fibromyalgia primarily affects women. In one study published in the Journal of Nutritional Medicine, 15 fibromyalgia patients were given either 1200 to 2400 mg of malic acid daily with 300 to 600 mg of magnesium for 4 to 6 weeks, or a placebo. All the patients receiving the malic acid with magnesium reported a marked decrease in pain within two days, which continued throughout the time they were receiving the treatment. When the women were switched over to the placebo, their condition deteriorated within 48 hours.

NSP Advantage

90 capsules per bottle. Dietary Mineral Supplement

Ingredients: Magnesium malate, maltodextrin, magnesium stearate, silicon dioxide, providing 80 mg of magnesium (magnesium-malate, magnesium stearate—vegetable) and 350 mg of malic acid (magnesium malate)

Recommendation: Take one capsule with a meal three times daily.

Features & Benefits

- Studies have shown the combination of malic acid and magnesium can improve symptoms of fibromyalgia.
- This formula provides nutritional support to the structural system, especially the muscles.