
Circle any of the following symptoms that apply to you: (Press hard with ball-point pen)

**CLINICAL SYMPTOMS OF MAGNESIUM SHORTAGE**


*Most Commonly Found Symptoms

**MAGNESIUM SYMPTOMS INDEX (Record Total Number of Symptoms Circled)**

NOTE: FREQUENTLY MAGNESIUM WILL IMPROVE CALCIUM DEFICIENCY BECAUSE MAGNESIUM IS NEEDED IN ORDER FOR THE BODY TO USE CALCIUM.

**CLINICAL SYMPTOMS OF CALCIUM SHORTAGE**


**CALCIUM SYMPTOMS INDEX (Record Total Number of Symptoms Circled)**

IMPORTANT!!! REEVALUATE YOUR SYMPTOMS WEEKLY WITH DIFFERENT COLOR PEN
MARK REMINDERS ON YOUR CALENDAR TO RECHECK WEEKLY FOR AT LEAST A MONTH

<table>
<thead>
<tr>
<th>Supplement Suggestions:</th>
<th>Total Tablets/Day</th>
<th>1/2 hr before Breakfast</th>
<th>Breakfast</th>
<th>Mid Morning</th>
<th>Lunch</th>
<th>Mid Afternoon</th>
<th>Supper</th>
<th>Bedtime</th>
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IMPORTANT! TOO MUCH MAGNESIUM SUPPLEMENT CAN CAUSE CALCIUM DEFICIENCY SYMPTOMS SUCH AS CANKER SORES, IRRITABILITY, SLEEPLESSNESS, DEPRESSION, IRRITABLE STOMACH, DIARRHEA, ETC. BALANCE IS IMPORTANT! TOO MUCH CALCIUM CAN CAUSE MAGNESIUM DEFICIENCY SYMPTOMS SUCH AS MUSCLE CRAMPS, FATIGUE, CALCIUM DEPOSITS, ETC.
CAUSE OF MAGNESIUM DEFICIENCY

THE MAGNESIUM ROBBERS ARE:

- SODA POP, INCLUDING DIET POP
- SUGAR AND SUGAR PRODUCTS
- COFFEE, TEA, CHOCOLATE, AND CAFFEINE PRODUCTS
- ALCOHOL AND RECREATIONAL DRUGS LIKE AMPHETAMINES, MARIJUANA, COCAINE, CRACK, ETC.
- TOBACCO AND TOBACCO PRODUCTS
- WHITE FLOUR PRODUCTS
- WHITE RICE
- CHEESE ESPECIALLY, AND ALL MILK PRODUCTS

THEY ARE SO HIGH IN CALCIUM AND LOW IN MAGNESIUM THAT THEY TIE UP LARGE QUANTITIES OF THE BODY'S MAGNESIUM STORES CREATING A DEFICIENCY!

SOME CHEESE (PARTICULARLY IN PIZZA) CONTAIN 28 PARTS CALCIUM TO ONE MAGNESIUM, AND MILK AND OTHER MILK PRODUCTS CONTAIN ABOUT 10 PARTS CALCIUM TO ONLY ONE PART MAGNESIUM.

REMEMBER! CALCIUM AND PHOSPHORUS WITHOUT ADEQUATE LEVELS OF MAGNESIUM WILL CAUSE CALCIUM SALT DEPOSITS TO FORM IN THE BODY! THIS TENDS TO HARDEN AND CLOG THE ARTERIES, CREATE KIDNEY STONES, AND PROMOTE ARTHRITIS, AND STIFF JOINTS!

KNOW THAT MAGNESIUM IS ABSOLUTELY ESSENTIAL FOR CALCIUM TO BE USED PROPERLY IN THE BODY! THE THREE MAJOR HORMONES THAT CONTROL CALCIUM ARE ALL DEPENDENT OF MAGNESIUM!

VITAMIN D ALLOWS CALCIUM TO BE ABSORBED FROM THE INTESTINE. MAGNESIUM IS NEEDED FOR THIS!

MAGNESIUM KEEPS PTH (PARATHYROID HORMONE) FROM TAKING TOO MUCH CALCIUM OUT OF THE BONES (MAJOR CALCIUM STORAGE SITE) WHEN THE BODY CALLS CALCIUM OUT OF THE BONES TO KEEP THE BLOOD CALCIUM LEVELS UP.

MAGNESIUM IS NEEDED FOR TCT (THYROCALCITONIN) TO DIRECT CALCIUM INTO THE BONES TO MAKE THEM STRONG!
AVOID THE MINERAL DEFICIENCY THAT BRINGS PAIN, FATIGUE, AND THE DISEASES OF OLD AGE!

MAGNESIUM DEFICIENCY PROMOTES CALCIUM DEPOSITS!
  Blocked coronary arteries!
  Coronary by-pass operations!
  Heart attacks!
  Arthritis!
  Senility!

MAGNESIUM DEFICIENCY PROMOTES MUSCLE SPASMS AND CRAMPS!
  Menstrual cramps!
  Leg cramps!
  Heart attacks!
  High blood pressure!
  Constipation!
  Convulsions!

MAGNESIUM DEFICIENCY PROMOTES LOW ENERGY!
  Low Blood sugar, dizziness,
  Blacking out, craving for sugar,
  Caffeine, alcohol, and drugs!
  High blood sugar, diabetes!
  Hormonal imbalances!
  Oxygen deficiency!

MAGNESIUM DEFICIENCY PROMOTES WATER IMBALANCES!
  Water retention problems!
  Sodium-potassium imbalances!
  Dry mouth!
  Night time urination!

MAGNESIUM DEFICIENCY PROMOTES WEAK BONES AND SLOW HEALING!
  Spontaneous hip and bone fractures!
  Loose teeth, bleeding gums!

MAGNESIUM DEFICIENCY PROMOTES SLEEPLESSNESS!

MAGNESIUM DEFICIENCY PROMOTES EMOTIONAL DISTRESS AND DISORDERS!
  Poor moods!
  Emotional outbursts!
  Depression!

MAKING SURE THAT YOU HAVE ADEQUATE LEVELS OF MAGNESIUM, IT CAN MAKE LIFE MUCH MORE ENJOYABLE!!!

Robert J. Rothan, D.D.S.  •  944 Hempstead Drive  •  Brentwood  •  Cincinnati, Ohio 45231  •  513-521-7250
<table>
<thead>
<tr>
<th>Food Item</th>
<th>Magnesium</th>
<th>Phosphorus</th>
<th>Calcium</th>
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<tbody>
<tr>
<td>Baked Goods</td>
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<tr>
<td>Beans</td>
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<td>Cheese</td>
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(100 grams = 3.5 oz.)

100 grams = 3.5 oz. (1 serving or 100 grams edible portion)