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# Fontainavie New Generation Magnesium Forte *- Information Guide*



FONTAINAVIE  
BODY & MIND  
NEW GENERATION

# Fontainavie New Generation Magnesium Forte - *Information Guide* for FM World USA Business Partners

Magnesium Forte by Fontainavie NEW GENERATION is an advanced dietary supplement designed to address the common deficiency of magnesium in modern diets. Magnesium is a critical mineral involved in over 300 metabolic reactions in the body, making it indispensable for maintaining overall health and well-being. Our unique formula combines four different forms of magnesium to ensure optimal absorption, bioavailability, and effectiveness, catering to the diverse needs of both men and women.

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## Ingredients and Their Descriptions

### **Magnesium Citrate:**

Is known for its high bioavailability and is effective in preventing muscle cramps and spasms. It supports skeletal development, aids relaxation, and calms the mind. It also works synergistically with Vitamin D3 to enhance calcium absorption.

### **Magnesium Diglycinate:**

Is a chelated form of magnesium that is gentle on the stomach and well-absorbed. It supports the nervous system, improves mood, and helps with blood vessel dilation to maintain proper blood pressure. Additionally, it enhances muscle function and reduces symptoms of indigestion and constipation.

### **Magnesium Lactate:**

Is easily absorbed and utilised by the body, especially beneficial for individuals under chronic stress. It maintains and improves the efficiency of the musculoskeletal system, supports mental and physical recovery from fatigue, and aids in the management of chronic stress.

### **Magnesium Oxide:**

Is commonly used for its effectiveness in neutralising stomach acid. It helps manage hyperacidity in the stomach, providing relief from indigestion and heartburn.

## Benefits

- **Enhanced Sleep Quality:** Magnesium regulates melatonin production, essential for maintaining a healthy sleep cycle.
- **Bone Health:** It is crucial for bone, tendon, and cartilage health, playing a significant role in the synthesis of ATP, the body's energy molecule.
- **Calcium Regulation:** Alongside vitamin D, copper, and zinc, magnesium regulates calcium levels, helping prevent osteoporosis.
- **Blood Sugar Balance:** It assists in the regulation of insulin secretion, aiding in blood glucose level management.
- **Stress and Mood Regulation:** Magnesium balances neurotransmitter production, helping to manage stress, anxiety, depression, and panic disorders.
- **Heart Health:** Essential for muscle contractions, magnesium is vital for maintaining regular heartbeats and overall heart health.
- **Women's Health:** It alleviates symptoms of premenstrual tension and menopause caused by hormonal fluctuations.

## Best for

- **Individuals with Magnesium Deficiency:** Suitable for those whose diet lacks sufficient magnesium due to modern agricultural practices and processed food consumption.
- **Athletes and Active Individuals:** Helps prevent muscle cramps and supports recovery from physical exertion.
- **People with Stressful Lifestyles:** Aids in managing chronic stress and fatigue, both mentally and physically.
- **Individuals with Digestive Issues:** Provides relief from hyperacidity, indigestion, and constipation.
- **Those Concerned with Bone Health:** Supports bone density and strength, preventing osteoporosis.
- **Heart Health Maintenance:** Beneficial for individuals needing to support heart health and maintain regular heartbeats.

## Contraindications

- Not recommended for use by pregnant or lactating women or individuals under 18 years of age.
- Do not use if sensitive to any of the ingredients in the product.

## Active Ingredients

**Magnesium:** 125 mg (33% NRV) per capsule, 375 mg (100% NRV) per three capsules

## Full List of Ingredients

- Magnesium (magnesium salts of citric acid, magnesium lactate, magnesium diglycinate, and magnesium oxide), bovine gelatin, anti-caking agent: magnesium salts of fatty acids.

## Directions

Take 3 capsules daily with a glass of water and a meal. Do not exceed the recommended daily dose.

## Prospecting Questions for Potential Customers

### 1. Have you experienced any muscle cramps or spasms recently?

Purpose: Identifying customers who suffer from muscle cramps or spasms can highlight the benefits of Magnesium Citrate in preventing these issues. This question helps connect the product's benefits directly to the customer's experience, making it more relevant and appealing.

### 2. Do you often feel fatigued or stressed, even after a good night's sleep?

Purpose: This question targets individuals who might benefit from magnesium's role in regulating stress and improving energy levels. By understanding their fatigue and stress levels, you can explain how Magnesium Forte supports better stress management and energy production.

### 3. Are you concerned about your bone health, or do you have a family history of osteoporosis?

Purpose: This question helps identify customers who are proactive about their bone health. Explaining how Magnesium Forte supports bone density and works with calcium and vitamin D can directly address their concerns and encourage them to consider the supplement.

### 4. Do you suffer from digestive issues such as indigestion or constipation?

Purpose: For customers with digestive problems, highlighting the benefits of Magnesium Diglycinate and Magnesium Oxide in improving digestion and reducing constipation can make the supplement more appealing. This question directly links their digestive health concerns with the product's benefits.

### 5. Are you looking for ways to improve your overall heart health?

Purpose: This question targets customers who are focused on maintaining heart health. Explaining how magnesium supports muscle contractions and regular heartbeats can help these customers see the value of Magnesium Forte in their heart health regimen.

# FAQ ANSWERED about Fontainavie New Generation Magnesium Forte

## 1. Can Magnesium Forte help with migraines or headaches?

Yes, magnesium supplementation has been known to help reduce the frequency and severity of migraines and headaches for some individuals. By supporting vascular and neurological functions, Magnesium Forte may provide relief from these symptoms.

## 2. Is Magnesium Forte safe for long-term use?

Magnesium Forte is generally safe for long-term use when taken as directed. However, it is always recommended to consult with a healthcare provider for personalised advice, especially if you have any underlying health conditions or concerns.

## 3. How does Magnesium Forte compare to other magnesium supplements on the market?

Magnesium Forte combines four different forms of magnesium to ensure optimal absorption and effectiveness. This multi-form approach can offer broader benefits and better tolerance compared to supplements that contain only one type of magnesium.

## 4. Can I take Magnesium Forte if I am on a special diet (e.g., keto, gluten-free, etc.)?

Magnesium Forte is compatible with most special diets, including keto and gluten-free diets. However, it contains bovine gelatine, so it is not suitable for vegetarians or vegans.

## 5. Are there any known interactions between Magnesium Forte and common over-the-counter or prescription medications?

Magnesium supplements can interact with certain medications, including antibiotics and medications for osteoporosis. It is important to consult with a healthcare provider to ensure that Magnesium Forte can be safely taken alongside any other medications you may be using.

## Comparison of the Old Version of Fontainavie Magnesium Forte and the New Generation Fontainavie Magnesium Forte

Feature	Old Version	New Generation
Active Ingredient(s)	Magnesium oxide	Magnesium (magnesium salts of citric acid, magnesium lactate, magnesium diglycinate, and magnesium oxide)
Magnesium Content per Capsule	400 mg	125 mg
Daily Serving (Magnesium Content)	1 capsule: 400 mg (107% NRV)	3 capsules: 375 mg (100% NRV)

## Highlights of the New Generation

- **Variety of Magnesium Sources:** The new generation includes multiple forms of magnesium, potentially improving absorption and effectiveness.
- **Flexible Dosage:** Allows for a more controlled and personalised magnesium intake.
- **Optimised Daily Value:** Aligns with the recommended daily intake, enhancing safety and efficacy.