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## The BEST magnesium for staying regular

1 message

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**Peak Pure & Natural** <email@news.peaknatural.com>

Fri, Feb 21, 2025 at 5:06 AM

Reply-To: email@news.peaknatural.com

To: deanna.blanchard@gmail.com



Dear Deanna,

Can't "go"? Magnesium could help.

Now, this comes as no surprise if you've ever taken Phillips' Milk of Magnesia.

This over-the-counter treatment contains magnesium hydroxide — which cleans you out fast.

And when I say "fast," I'm talking about "staying near a bathroom because it could hit you at any minute" fast.

It also comes with a boatload of side effects — including diarrhea, cramping, bloating, nausea, and fatigue.

Yuck! No thanks!

Yeah, magnesium can get things moving if you get stopped up. But do you really want it tearing through your gut like a freight train? I sure don't.

Look, there are many types of magnesium. The magnesium hydroxide in Milk of Magnesia is just one of them.

If you want to go #2 regularly and easily, you need the type of magnesium that...

- Relaxes your bowels and pulls water into your intestines, softening your stool and making it easier to pass...
- Stimulates the nerves in your intestines to help push poop through the system...
- Won't send you running to the bathroom...

- And is gentle enough to use every day!

And it's definitely NOT magnesium hydroxide!

So, what type of magnesium am I talking about? And what other nutrients work together with it to make going #2 a piece of cake?

[Click here now to find out.](#)

Yours for Peak health,

A handwritten signature in blue ink that reads "Virginia". The signature is fluid and cursive, with a long horizontal stroke at the end.

Virginia Tims-Lawson  
Founder, Peak Pure & Natural®

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