

BODY PRIME

Microbiome Purification & Efficiency

Item# 92975
30 Capsules

Body Prime is an effective kick-start to any health regimen. Made with magnesium, prune powder, and apple pectin, this formula has simple ingredients that support cleansing and bowel motility to prime the body for an effective purification program.

BENEFITS

- Supports cleansing and bowel motility*
- Magnesium helps maintain healthy electrolyte balance and reduce fatigue
- Contributes to muscle function including the heart muscle
- Contributes to normal muscle contraction including normal heartbeat

KEY INGREDIENTS

- *Magnesium:* Body Prime contains 400 mg of the powerful, essential macro-mineral Magnesium. To effectively prepare the body for a regimen of healthy habits, magnesium oxide has a priming effect shown in clinical settings to induce mild bowel motility. At the same time, magnesium is a crucial mineral for maintaining a healthy balance of electrolytes, and is an important micronutrient in the reduction of fatigue. Additionally, magnesium has been proven to have positive cardiovascular benefits.
- *Apple Fruit Pectin and Prune Fruit Powder Blend:* Prune powder and apple pectin work synergistically to kick-start a health regimen. Along with magnesium oxide, these familiar fruit sources have been recommended for use in clinical settings to induce bowel motility, which leads to a variety of benefits. These ingredients are approved for daily use.

RECOMMENDED USE

Take two capsules one to three times per day. Digestive tracts vary. Begin with fewer capsules and increase as desired to achieve digestive response.



SCIENTIFICALLY VALIDATED

Body Prime and its ingredients have been included in a number of studies, including those conducted at the Hughes Center for Research and Innovation. There, the safety and efficacy of escalating doses of Body Prime on maintaining the regularity of healthy bowel function were explored, thereby setting the recommended dosing parameters. Studies showing that magnesium has a positive cardiovascular benefit¹, is useful in maintaining a healthy electrolyte balance², and reduces fatigue³, are noted as follows:

1. Kupetsky-Rincon, E. a. & Uitto, J. Magnesium: Novel applications in cardiovascular disease - A review of the literature. Ann. Nutr. Metab. 61, 102-110 (2012).
2. EFSA. Scientific Opinion on the substantiation of health claims related to magnesium and electrolyte balance (ID 238), energy-yielding metabolism (ID 240 , 247 , 248), neurotransmission and muscle contraction including heart muscle (ID 241 , 242), cell di. EFSA J. 7(9), 1-20 (2009).
3. EFSA. Scientific Opinion on the substantiation of health claims related to magnesium and 'hormonal health' (ID 243), reduction of tiredness and fatigue (ID 244), contribution to normal psychological functions (ID 245 , 246), maintenance of normal blood. EFSA J. 8, 1807 (2010).

Supplement Facts		
Serving Size 2 Capsules		
Servings Per Container 15		
	Amount Per 2 Capsules	% Daily Value
Magnesium (oxide)	400 mg	95%
Proprietary Blend Apple Fruit Pectin, Prune Fruit Powder	700 mg	**
**Daily Value not established.		

*As with any nutritional product, please consult your physician before use, especially if pregnant, lactating, or have a known medical condition. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.