

# My Supplements

## Mag 5 (Multi-Type Magnesium Supplement)

**Summary:** A capsule containing 5 bioavailable forms of magnesium, designed to support multiple body systems with minimal digestive upset.

**Common Forms Included:** Glycinate calms, Malate energizes, Citrate cleanses, Taurate protects your heart, and Orotate repairs

### Benefits:

- Eases tension, anxiety, and irritability
- Relaxes muscles and calms restless legs
- Supports heart rhythm and healthy blood pressure
- Encourages restful sleep
- Aids in bowel regularity and hormone balance

**When to Take:** Once daily, **in the evening**, with or without food.

**Should You Take More?** If you're sleeping well, digesting comfortably, and not experiencing muscle cramps or irritability, 1 capsule may be perfect. If you notice tension, poor sleep, or irregularity, consider gradually increasing to 2–3 capsules (evenly spaced throughout the day), watching for loose stools as a sign to reduce.

## Evening Primrose Oil

**Summary:** A rich source of GLA (gamma-linolenic acid), a fatty acid that nourishes skin and supports hormone balance.

### Benefits:

- Eases PMS, menopause, and cyclical breast tenderness
- Calms eczema and dry skin
- May support fertility and reproductive health

**When to Take:** 1 capsule **morning or evening**, with food. Can be taken 2x/day for extra skin or hormone support.

*Natural Remedies & Benefits*

Trish's Tried & True

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