



fizzy mag™

When it comes to the most important nutrients our little ones need these days, magnesium is certainly toward the top of that list, if not number one. Magnesium is a mineral needed by every cell; it activates at least 350 different enzymes in the body, more than any other mineral, so it is crucial for many of the metabolic functions in the body.* With that in mind, the team at Little DaVinci has worked diligently to create a magnesium product in a delivery format that is easily administered and tastes great!

Magnesium and Brain Health

Perhaps the most important system in the body, the nervous system (especially the brain), requires adequate amounts of magnesium in order to function properly. This has been demonstrated again and again across all demographics, even in young adults which was shown in a cross-sectional, population-based data set—the National Health and Nutrition Examination Survey—which was used to explore the relationship of magnesium intake and mood in nearly 9,000 people. Researchers found significant association between magnesium intake and mood, especially in younger adults and specifically related to magnesium supporting a healthy mood. With more children than ever needing mood support, this positions magnesium as a critical piece to an integrative approach.¹

Additionally, in a recent meta-analysis of 11 studies on magnesium and depression, people with the lowest intake of magnesium were 81% more likely to be depressed than those with the highest intake.²

Magnesium and Sleep

While this study is not specific to children, it produced compelling data that suggested a relationship between magnesium supplementation and support of sleep cycles. The conclusion of the study noted that magnesium 'appears to improve subjective measures of insomnia such as ISI score (the commonly used Insomnia Severity Index to assess sleep quality), sleep efficiency, sleep time and sleep onset latency, early morning awakening, and likewise, insomnia objective measures such as concentration of serum renin, melatonin, and serum cortisol, in elderly people.'³ Again, this applies directly to a different age group, but it is impressive to say the least for magnesium to show the ability to support such a broad spectrum of physiologic components of sleep.

Magnesium and Behavior

In a small study looking at magnesium levels in kids who struggled with attention and their activity levels, magnesium levels were found to be low in 18 (72%) of the children. However, when these children were provided supplemental magnesium, their cognitive (brain) function, as measured by the Wisconsin card sorting test (a neuropsychological test that measures executive function in terms of concept formation, planning and cognitive flexibility) and Conners' rating scale (another commonly employed assessment tool for brain function and activity levels) showed significant improvement.⁴ While this study is a small sample of children, it is representative of what physicians see in their offices on a daily basis.

Nourishing our children with a powerful metabolic 'activator' like magnesium is essential for overall health and supporting certain systems, specifically the nervous (brain) system. Disruption in their magnesium intake can negatively impact how they wake up, experience their day and settle down at night. Ensuring a bright day and restful night requires adequate amounts of magnesium, and **fizzy mag™** provides exactly what your little one needs in a great tasting lemon lime effervescent powder.



Supplement Facts

Serving Size 6.88 g (Approximately 1 Scoop)	
Amount Per Serving	
Calories	20
Total Carbohydrates	5 g
Calcium (as Tricalcium Phosphate)	19 mg
Potassium (as K Bicarbonate)	390 mg
Riboflavin (Vitamin B2)	8 mg
Magnesium (as Mg Citrate)	420 mg
Stevia Leaf Extract	35 mg

Other ingredients: citric acid, evaporated cane juice, silica, natural lemon flavor.

Suggested Use: As a dietary supplement, children age 4 and older take 1 scoop (6.88 g) in water daily, preferably in the evening, before bed, or as directed by your healthcare practitioner.

¹Tarleton EK, et al. Magnesium Intake in Depression in Adults. *Journal of the American Board of Family Medicine*, 2015 Mar-Apr;28(2):249-56.

²Li B, et al. Dietary magnesium and calcium intake and risk of depression in the general population: A meta-analysis. *Australian and New Zealand Journal of Psychiatry*, 2016 Nov 1.

³Abbasi B, et al. The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial. *J Res Med Sci*. 2012 Dec;17(12):1161-9.

⁴El Baza, et al. *Egyptian Journal of Medical Human Genetics*. Volume 17, Issue 1, January 2016, Pages 63-70

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Warning: If your child has any health conditions, consult your healthcare practitioner before taking this product.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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