Benefits Of Magnesium Oil In Regulating Sleep Revealed

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Pure Vitality Minerals, a health and nutrition company in Beaverton, OR, has released new information that links magnesium oil to sleep regulation. As a producer of magnesium oil spray, this piece of research has been welcomed by the company. They encourage those who want to enjoy better sleep to prove these findings for themselves.

"We are aware that our magnesium oil spray has numerous health benefits," says Keegan Allen from Pure Vitality Minerals. "A number of these benefits have already been reported and studied, but the fact that it is also highly beneficial in sleep regulation is not widely known. This is great news for many people."

Magnesium oil is known to have a number of characteristics that are vital to proper bodily function. It has been observed to be a great pain reliever and to help make skin, teeth and hair look radiant and younger. However, scientists have now found that it also supports the brain's function of producing serotonin. This is also known as the 'happy hormone', which means it fights depression.

The links between depression and poor sleep have been well-documented. In fact, scientists are trying to

uncover what came first: depression leading to poor sleep or poor sleep leading to depression. Either way, it is known that the two make each other worse. In studying this, scientists also uncovered that most people with depression and poor sleep patterns also have lower levels of magnesium.

"We weren't even looking for this link," says Dr. Shiva Patel. "We were simply trying to uncover more about the root causes of depression and sleep deprivation, almost like the chicken and the egg debate. In doing blood tests, we found that in almost all our depressed and poor sleeping patients, magnesium levels were low. And we saw a notable improvement when their magnesium was supplemented."

Magnesium is being hailed as a wonder product of nature. It has so many fantastic benefits that it is likely to be more important than any other type of supplementation out there, including vitamin C. Pure Vitality Minerals is happy that they can now offer their magnesium spray on Amazon.

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Pure Vitality Minerals

The Online Connection launched the Pure Vitality Minerals brand in response to demand for a high quality, pure Magnesium Oil sourced in the USA.

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