

LIVE SEMINAR INVITATION

Magnesium Masterclass:

Cutting through the magnesium information overload



Herbs of Gold extends a warm invitation for you to join us for our FREE live seminar:

Magnesium Masterclass: Cutting through the magnesium information overload

Today, magnesium is widely recognised as an essential mineral for human health, but with the different forms, varying dosages and physiological factors affecting requirements, how do you know which magnesium, at what dose, is going to produce the best results for your customers? In this seminar we'll cut through the magnesium myths to summarise the latest and most relevant clinical research on this mineral and how it can help support your customers' health.

In this seminar, we'll look at the key therapeutic uses of magnesium across cellular health and consider common customer complaints, including stress, sleep problems, muscle cramps, sugar metabolism, mild migraines and premenstrual tension and how magnesium can be of benefit.

In this seminar we'll explore:

- The different forms of magnesium in relation to their bioavailability in the body and therapeutic advantages
- Factors increasing magnesium requirements and how to identify individuals at risk of magnesium deficiency
- Optimal dosing to achieve clinically relevant results
 - Common misconceptions about magnesium

Products featured in this seminar include:



Magnesium Citrate 900



Magnesium Forte



Magnesium Night



Magnesium Night Plus



Magnesium Powder High Strength



Magnesium Chewable



Magnesium Muscle Cream



Children's Magnesium Care

When

Wednesday 26th March

Where

Pagoda Resort & Spa
112 Melville Parade, Como

Time

Dinner: 6:30pm

Gluten-free, dairy-free, vegetarian & vegan friendly options will be available

Seminar: 7pm

The Seminar will run for 60 minutes
+ 15 minutes Q&A

RSVP

Scan the QR Code to register for this seminar by 19th March.



Limited late registrations available.
Please contact Kay Bellingham 0423 330 439.



SPEAKERS:

KAY BELLINGHAM

NATIONAL TRAINING MANAGER
BHS (Naturopathy), Cert IV Training & Assessment

Kay has been with Herbs of Gold for over 14 years & is a University qualified Naturopath with many years of both clinical & industry experience.



SHAREE JAMES

WA STATE TRAINER
AdvDipAppSc (Naturopathy)

Sharee is a qualified Naturopath with over 20 years of both clinical and industry experience including retail, medical sales and pharmacy.



**CPE CERTIFICATES AVAILABLE
FOR 60 MINS CONTACT TIME**

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