

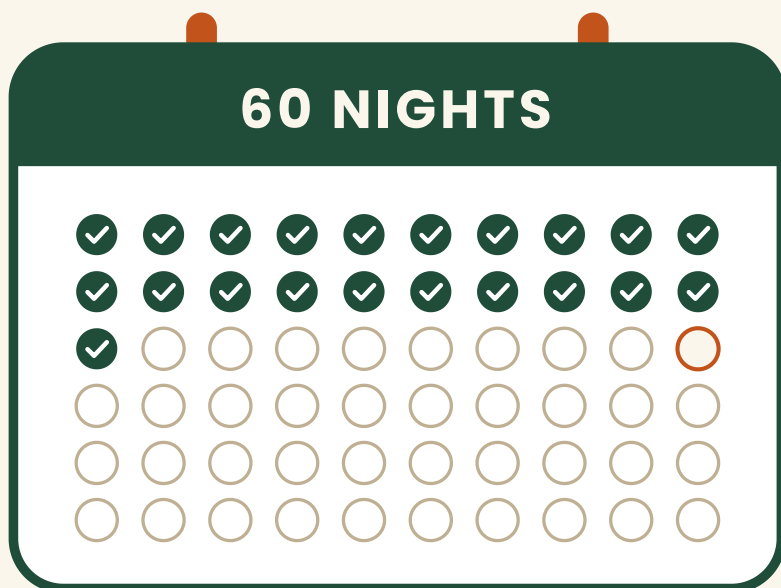
Purenyx

LARGE PRINT

Magnesium After 50

Your 60-Night Plan

KIT ITEM 1 OF 4



The 12 forms in your bottle, how to take it, and simple habits for calm evenings. All in plain words.

From the makers of Purenyx[®] Magnesium 12-in-1 Complex
Bottled and shipped in Akron, Ohio

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Made to print. This book is in large print. It prints well in black and white on plain paper.

Read it in any order, a few pages at a time. Keep it in a folder near your tracker.

CHAPTER 1

Welcome to your 60-Night Plan

Hello, and thank you for choosing Purenyx.

This book is your guide for the next 60 nights. It's in plain words and big print, so it's easy to read and to print.

The plan is simple. Take your magnesium each day, as directed on the label. Check off one box on your tracker. And give your evenings a calm, steady routine.

How to use this plan

- 1 Read a few pages tonight.** You don't need to read it all at once.
- 2 Print your tracker** and put it on the fridge.
- 3 When your bottle arrives, that's Night 1.** Take 2 capsules a day, as directed on the label.
- 4 Check off one box each night.** Missed one? Just carry on the next day.
- 5 Bring your questions** to your doctor or pharmacist. Our question sheet makes it easy.

Good to know: everyone is different. This plan helps you build a steady habit. It is not a promise of any result.

Your kit at a glance

Your kit has 4 parts. They're all yours to keep, print and share.



1 OF 4

This eBook

The 12 forms, how to take it, and simple habits, in plain words.



2 OF 4

Fridge calendar and tracker

One box for each night. For 1 or 2 people.



3 OF 4

Evening wind-down routine

A page to print, plus a short audio to listen to.



4 OF 4

Questions for your doctor or pharmacist

A sheet to fill in and take to your next visit.

Can't find a part? Call us 24/7 at **(912) 205-6830**.

CHAPTER 2

Why magnesium matters after 50

Magnesium is a mineral your body needs to stay healthy. It plays a part in many everyday jobs, like normal muscle and nerve function and building protein and bone.†

How much do adults over 50 need?

Men, age 51 and up

420 mg a day

Women, age 51 and up

320 mg a day

That's the NIH's daily amount. It counts magnesium from **all** sources together: food, drinks and supplements.

Many adults don't get enough from food

The NIH says the diets of many people in the U.S. give less magnesium than recommended. Men over 70 are one of the groups most likely to fall short.

Older adults are more likely than others to get too little. With age, we tend to eat less of it, take in less from food, and lose more. Some medicines can affect it, too (see page 16).

Source: NIH Office of Dietary Supplements (see page 19).

†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.

Magnesium on your plate

Food is a great place to start. The NIH lists many everyday foods with magnesium:

- Beans and lentils
- Nuts and seeds
- Whole grains
- Spinach and leafy greens
- Milk and yogurt
- Some fortified cereals

Food	Serving	Magnesium
Pumpkin seeds, roasted	1 ounce	156 mg
Almonds, dry roasted	1 ounce	80 mg
Spinach, boiled	½ cup	78 mg
Black beans, cooked	½ cup	60 mg
Peanut butter, smooth	2 tablespoons	49 mg
Brown rice, cooked	½ cup	42 mg
Yogurt, plain, low fat	8 ounces	42 mg

Easy idea: add one of these foods to your week. A small handful of almonds makes a simple snack. On a special diet? Ask your doctor first.

Source: NIH Office of Dietary Supplements, Magnesium Fact Sheet for Health Professionals, Table 2.

CHAPTER 3

Meet your 12 forms

Here's what your "12-in-1 Complex" label means.

Forms, and what "complex" means

In a supplement, magnesium is always joined to a partner, like an amino acid or a fruit acid. The partner gives the form its name. Magnesium joined to glycine is magnesium **glycinate**.

A "complex" is a blend: 12 forms, mixed together.

What does "700 mg" mean?

The label lists a **700 mg Magnesium Complex** in each serving of 2 capsules. That's the weight of the whole blend of 12 forms.

An honest note

700 mg is the weight of the blend, not of pure magnesium, because the partners' weight is counted too. The label doesn't list the amount of pure ("elemental") magnesium, or of each form.

So please don't compare the 700 mg with the daily amounts on page 5. Your doctor or pharmacist can look at the label with you.

The 12 forms on your label

Each form is magnesium joined to a partner. Here is each partner, in plain words.

Form	Magnesium joined to...
1 Glycinate	glycine, an amino acid
2 Citrate	citric acid, as found in lemons
3 Malate	malic acid, as found in apples
4 Taurate	taurine, an amino acid
5 L-Threonate	threonate, made from vitamin C
6 Aspartate	aspartic acid, an amino acid
7 Gluconate	gluconic acid, made from glucose
8 Ascorbate	ascorbic acid, also called vitamin C
9 Lactate	lactic acid, as found in yogurt
10 Carbonate	carbonate, a common mineral salt
11 Oxide	oxygen, a simple and common form
12 Orotate	orotic acid, as found in milk

This list tells you what each form is made of, not what it does. Questions about a form? Ask your pharmacist.

How to take it



2 capsules a day, as directed on the label.

Don't take more than the label says, unless your doctor tells you to.

Pick one time, and stick to it

Many people find it easiest to take their capsules with dinner. Dinner happens every day, so it's a built-in reminder. Take them with a glass of water.

Keep your bottle in sight

Keep it where you eat dinner, like next to the salt shaker. Keep the lid closed, and keep it out of reach of children.

Missed a day?

Don't double up. Just take your usual 2 capsules the next day.

Going away?

Pack a few days of capsules in a small pill box.

Stay with it for 60 nights

A new habit takes time to settle in. Keeping going for all 60 nights gives you an honest picture of how it fits your life. Results vary from person to person.

CHAPTER 5

Your 60 nights, week by week

Here is a simple guide for each week. It matches the short check-in email you'll get each week from our Customer Care team. Think of it as a map, not a promise. Everyone is different, and results vary.

WEEK

1

Nights 1–7

Getting started

Your only job this week is to remember. Many people say that's the hardest part, and that's normal. Keep your bottle where you eat dinner.

WEEK

2

Nights 8–14

Make it automatic

Tie your capsules to something you already do, like pouring your water at dinner. Same time, same place.

WEEK

3

Nights 15–21

Magnesium on your plate

Add one magnesium food to your week. Pick one from the list on page 6.

WEEK

4

Nights 22–28

Halfway check-in

Look at your tracker. Night 30 is halfway. Be kind to yourself, and keep going.

The second half

WEEK

5

Nights 29–35

Your evening wind-down

Give the wind-down routine and audio another try. Many people find the evening feels calmer when it slows down.

WEEK

6

Nights 36–42

A chat with your pharmacist

Take your question sheet to your next visit, especially if you take any medicines.

WEEK

7

Nights 43–49

Missed a night? Carry on

Don't double up. Leave that box blank and pick it back up the next day.

WEEKS

8–9

Nights 50–60

Look back

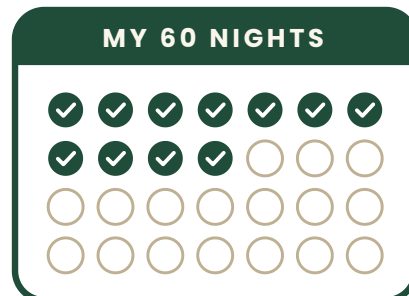
Look over your tracker. Jot down anything you noticed, good or bad. Share it with your doctor if you like.

After Night 60

Your plan carries on as usual. You can skip, change or cancel any time. See page 17.

How to use your tracker

Your tracker has two pages. **Page 1** is the fridge calendar, with one box for each night. **Page 2** is a weekly check-in. Once a week, you circle a number from 1 to 5.



- 1 Put it on the fridge,** at eye level, near where you eat dinner.
- 2 One check a night.** After you take your capsules, check off that night's box.
- 3 Missed a night? Leave it blank.** Honest tracking is the best kind. Just carry on.
- 4 Do the weekly check-in.** It takes one minute. There are no right or wrong answers.
- 5 Jot notes.** A food you tried, how your evening went, a question for your doctor.



Taking it with someone? Use the 2-person tracker. It has a calendar for each of you, side by side, so you can keep each other going.

CHAPTER 6

Your evening wind-down routine

A calm evening starts before bedtime. Your kit has two ways to wind down: a page to print and a short audio. Use one, or both.

The printed page (about 10 minutes)

- 1 Dim the lights.** Turn off the TV and phone.
- 2 Gentle stretch.** Roll your shoulders, then reach up.
- 3 Slow breathing.** In for 4, hold for 2, out for 6.
- 4 Three good things** from your day.
- 5 Same bedtime** each night.

The audio (5 to 6 minutes)

A calm voice talks you through slow breathing, an easy shoulder and neck stretch, relaxing from head to toe, and three good things. Listen at purenutraa.co/pages/wind-down.

Your routine, your way. Skip any step that doesn't feel right. If a movement is uncomfortable, simply rest. Please don't play the audio while driving.

CHAPTER 7

Daily habits for restful evenings

Small habits during the day can help your evenings feel calmer. These general wellness tips come from the NIH.



Get outside

Spend time outside in daylight each day, if you can.



Keep moving

A short walk counts. Skip hard exercise right before bed.



Mind the caffeine

Caffeine can last up to 8 hours. Skip coffee late in the day.



Dim the screens

In the hour before bed, turn off the TV and phone.



Keep a steady time

Go to bed and get up at about the same time each day.



Go light at night

Avoid big meals and alcohol in the few hours before bed.



Short naps

Nap 20 minutes or less, earlier in the afternoon.



A restful room

Keep your bedroom quiet, cool and dark.

Often have trouble sleeping? Talk to your doctor.

CHAPTER 8

When to talk to your doctor or pharmacist

Your doctor and pharmacist know your health and your medicines. They're the best people to ask about any supplement, including this one.

Talk to them before you start if you:

- ✓ take any medicines, with or without a prescription
- ✓ have kidney problems
- ✓ are pregnant or nursing
- ✓ have a health condition, or are under a doctor's care
- ✓ take other supplements, antacids or laxatives (some of these already contain magnesium)

Kidney problems

Healthy kidneys remove extra magnesium. If your kidneys don't work well, magnesium can build up. Talk to your doctor before taking any magnesium supplement.



Never stop or change a medicine on your own.
Always ask your doctor first.

Medicines to ask about

The NIH lists these medicines. Your pharmacist can tell you if you need to space them apart from magnesium.

Bone medicines called bisphosphonates, like alendronate (Fosamax). Magnesium can get in their way if taken too close together.

Some antibiotics: tetracyclines, like doxycycline, and quinolones, like ciprofloxacin (Cipro). Magnesium can get in their way, too.

Water pills (diuretics), like furosemide (Lasix). They can change how much magnesium your body loses.

Acid reflux medicines called proton pump inhibitors, like esomeprazole (Nexium). Taken for a long time, they can lower magnesium.

Notice how you feel

The NIH says too much magnesium from supplements can cause diarrhea, nausea and stomach cramps. If you notice anything you don't like, stop taking it, talk to your doctor, and let us know.

Your plan, and how to get help



Change your plan any time

Skip a month, change your delivery date, or cancel online, any time. No phone call needed. Use the "Manage my plan" button in your welcome email, or sign in to your account at **purenutraa.co**.



Talk to a real person, 24/7

(912) 205-6830

We answer day and night. Or email **support@purenyx.co**, or just reply to any of our emails.



Taking it with someone?

Print the 2-person tracker, put it on the fridge, and check off your boxes together. Each of you should check with your own doctor or pharmacist.

Who we are



Bottled in Ohio

Bottled and shipped in Akron, Ohio.



Lab-tested

Tested by an accredited U.S. lab for heavy metals and germs.



40,000+ orders

Over 40,000 orders shipped in 2026.



Official store

Our official store is **purenutraa.co**.

Purenyx[®] is sold by Pioneer Marketing LLC. Not happy with your order? Call or email us, and we'll help.



Stay safe from scams

We will never ask for your password or card number by email, text or on Facebook. If anyone does, it isn't us. Call us at **(912) 205-6830**.

On your card statement, look for **BILL.PURENYX.CO** (it may show as SP BILL.PURENYX.CO). That's us.

Sources

The health facts in this book come from the U.S. National Institutes of Health (NIH). You can read them yourself, for free.

- 1 **NIH Office of Dietary Supplements.** Magnesium: Fact Sheet for Consumers. Updated March 22, 2021.
ods.od.nih.gov/factsheets/Magnesium-Consumer
Used for: food sources, who may get too little, medicines, and too much magnesium (pages 5, 6, 15 and 16).
- 2 **NIH Office of Dietary Supplements.** Magnesium: Fact Sheet for Health Professionals. Updated January 6, 2026.
ods.od.nih.gov/factsheets/Magnesium-HealthProfessional
Used for: daily amounts for adults 51+, older adults, the food table, medicines and kidneys (pages 5, 6, 15 and 16).
- 3 **NIH National Heart, Lung, and Blood Institute.** Healthy Sleep Habits. Updated March 24, 2022.
nhlbi.nih.gov/health/sleep-deprivation/healthy-sleep-habits
Used for: daily habits (page 14).

Product details (serving size and the 12 forms) come from the Purenyx[®] Magnesium 12-in-1 Complex Supplement Facts label. Sources checked October 2026.

PLEASE READ

Important safety information

This is not medical advice. Talk to your doctor or pharmacist, especially if you take medicines, are pregnant or nursing, or have kidney problems.

This book is for general education. It does not replace advice from your own doctor. Take 2 capsules a day, as directed on the label. If you notice anything you don't like, stop taking it, talk to your doctor, and let us know.

†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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My notes
