



Naka Products

Magnesium with Hawthorn Berry Extract: Available in 90 Caps

Product benefits by category:

- GOLD** Heart Health.
- SILVER** Gallbladder, Varicose Veins.
- BRONZE** Anti-aging, Athletic Performance, General Prevention, Mood, Vitamins & Minerals.



Some people who suffer from high blood pressure, irregular heartbeat, or cramps or pains & constipation may be surprised to learn that a deficiency of one simple mineral - magnesium - may be at the root of the problem. Magnesium helps maintain normal muscle and nerve function, keeps the heart rhythm steady, and bones strong. It is also involved in energy metabolism and protein synthesis. If you take high amounts of calcium daily, you also may have or develop a magnesium deficiency. Most experts suggest that your calcium/magnesium ratio should be 2:1. Hawthorn is one of the most valuable cardiovascular tonics available because it is rich in flavonoids, which are shown to dilate peripheral and coronary blood vessels. This action helps alleviate hypertension and high blood pressure and can reduce the severity and frequency of angina attacks. Hawthorn has also been used to treat irregular heartbeats.

Recommended use:

- Mineral supplement.
- Helps in tissue formation.
- Helps the body to metabolize carbohydrates, fats and proteins.

Recommended Dose: (Adults)
Take two (2) capsules daily.

Medicinal ingredients: Each capsule contains:

Magnesium (Magnesium citrate, Magnesium oxide)250 mg

Non-medicinal ingredients: Hawthorn berry, magnesium stearate, rice starch, gelatin (capsule ingredient). Contains no artificial preservatives, colours, gluten, corn, nuts, eggs, dairy, sweeteners, wheat or yeast.

Known adverse reaction: Some people may experience diarrhea.

Iodine Drops: Available in 30 ml

Product benefits by category:

- GOLD** Body Care & Topical Use, Mood.
- BRONZE** Anti-aging, Athletic Performance, General Prevention, Vitamins & Minerals.

Iodine is a building block for the thyroid hormones T3 and T4. It is found mainly in the thyroid gland and is needed to produce thyroids hormones that stimulate the body's basal metabolic rate. It is important for burning fat and increase energy. The presence of iodine can make a tremendous difference in one's personality and eventually their body shape. Naka's Iodine Drops are derived from Kelp & Seaweed in a base of vegetable glycerin (**The glycerin base in Naka's Iodine makes it one of the best tasting on the market.**) While too little iodine can lead to an under active thyroid, too much can potentially be harmful. For this reason, iodine sourced from seaweeds is recommended over inorganic sources such as potassium or sodium iodine.

Recommended purpose or use:

Helps in the function of the thyroid gland.

Recommended dose: (Adults) Take ten (10) drops in water or juice once daily.

Medicinal ingredients: Each ml (20 drops) contains:

Iodine (Potassium Iodide)1 mg
(colloidal, derived from Kelp and Seaweed)

Non-medicinal ingredients: Ethyl alcohol, glycerine (vegetable), filtered water.

