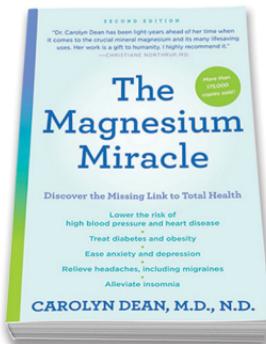


## STEP TWO

### Sip and Read

*The Magnesium Miracle* by Dr. Carolyn Dean, MD ND, is filled with important, life-changing information that will inform you on the mineral we call a miracle, Magnesium.

We invite you to learn more about this essential mineral and discover its many benefits!



## STEP THREE

### Increase Dosage

Every 3 or 4 days add another 1/4 teaspoon of ReMag®. Slowly work up to a saturation dose of 1 - 2 teaspoons a day.

## STEP FOUR

### Reflect and Record

**How's it going?** - after 7 days you may begin to notice some improvements to your health. You will consistently see these changes over the next 30 days. Record these changes below.

	Week 1	Week 2	Week 3	Week 4
Increased Energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improved Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mood Elevation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental Clarity/Focus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decreased Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## STEP FIVE

### Share with Your Community



These supplements benefit everyone and we want all to know how easy it is to feel good and protect your health! Now is your chance to post on your social media pages and share the positive impact of the RnA ReSet® Completement formulas.

#rnareset #rnaresetjourney