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## **COR VALEN M FOR FIBROMYALGIA**

Fibromyalgia is found to be associated with magnesium deficiency in approximately 92% of patients with fibromyalgia. The blood test for magnesium can be normal even though the total body magnesium is low. Therefore, many people with fibromyalgia benefit from taking a combination medication of magnesium supplementation with malic acid. This product called, Cor Valen M, often helps to reduce the stiffness and diffuse muscle pain of fibromyalgia approximately by 50% in the first few days and within two weeks associated neurological symptoms can improve by approximately 20%. The D-ribose in Cor Valen M can also help lessen the fatigue and loss of energy.

Cor Valen M is a nutritional supplement therefore, no prescription is necessary. It is available at health food stores and at Plastikos. It contains magnesium, malic acid and D-ribose.

If you are taking any magnesium supplement and are placed on antibiotics, let your doctor know because it can hamper their absorption. Antacids also have magnesium in them and therefore the combination should be avoided.

An additional supplement which you might try with fibromyalgia is called Super Thistle X from PhytoPharmica. This is an herbal product that helps detoxify the liver which may also be useful in fibromyalgia.

For additional information in detoxification programs including heavy metal detoxification, please see Dr. Susan Kolb.

*The following statements and/ or supplements have not been evaluated by the FDA. The FDA suggests that you consult with a health care professional before using any dietary supplement. This product is not intended to diagnose, treat, cure or prevent any disease.*