

# THIOGUARD® TST

EFFECTIVE, ENVIRONMENTALLY SAFE TOTAL SYSTEM TECHNOLOGY FOR MUNICIPAL WASTEWATER



## NEWSLETTER ARCHIVE

Online Archive of the  
THIOGUARD® Newsletter Series



## RESOURCES

Website links and information  
related to THIOGUARD®



THIOGUARD® TST is a non-hazardous  
application with no required  
reportable quantities (RQ = None)

**THIOGUARD.COM**



OWNED, MINED  
AND PRODUCED  
IN THE USA

© PREMIER MAGNESIA | ISO 9002:1994

At THIOGUARD®, we are concerned with all things magnesium, so when we run across an article like this one on *Brain Blogger*, we want to share it. It is about the health benefits of magnesium on the brain. We hope you enjoy the article.



# Nurturing the Brain with Magnesium

BY SARA ADAES, PHD | JULY 26, 2017

Magnesium is everywhere – it does not occur free in nature, only in combination with other elements, but it is the eighth most abundant chemical element in the Earth's crust and the third most abundant element in seawater; it is even the ninth most abundant in the Milky Way.



Premier Magnesia, LLC is a global market leader in magnesia-based products and solutions.

# THIOGUARD® TST

EFFECTIVE, ENVIRONMENTALLY SAFE TOTAL SYSTEM TECHNOLOGY FOR MUNICIPAL WASTEWATER

In the human body, magnesium is the fourth most abundant ion and the eleventh most abundant element by mass, being stored in bones, muscles, and soft tissues.

Magnesium is fundamental for health: it is essential to all cells and to the function of hundreds of enzymes, including enzymes that synthesize DNA and RNA, and enzymes involved in cellular energy metabolism, many of which are vital. Magnesium is involved in virtually every major metabolic and biochemical process in our cells and it plays a critical role in the physiology of basically every single organ.

Low plasma levels of magnesium are common and are mostly due to poor dietary intake, which has lowered significantly in the last decades. Magnesium can be found in high quantities in foods containing dietary fiber, including green leafy vegetables, legumes, nuts, seeds, and whole grains.

**TO CONTINUE READING ARTICLE, CLICK HERE...**

## THIOGUARD® TST

**IS TECHNICAL GRADE MAGNESIUM HYDROXIDE  $Mg(OH)_2$   
THE NON-HAZARDOUS, EARTH-FRIENDLY ALTERNATIVE FOR PREVENTING ODOR  
AND CORROSION, WHILE PROVIDING POSITIVE PLANT BENEFITS.**

**REQUEST INFO OR SCHEDULE A CALL**



**THIOGUARD.COM**

THIOGUARD® HEADQUARTERS: 1275 Drummers Lane, Suite 102 | Wayne, PA 19087