

STRESS AND IMMUNE SYSTEM

During the past years, researchers in biology have shown that stress has a **detrimental effect** on the **immune system**.

However, the mechanism involved was poorly understood.

In 2020, researchers from the french entities INSERM and CNRS succeeded in demonstrating the element that **linked stress and immunity**: the β -2 adrenergic receptors which bind to stress hormones.

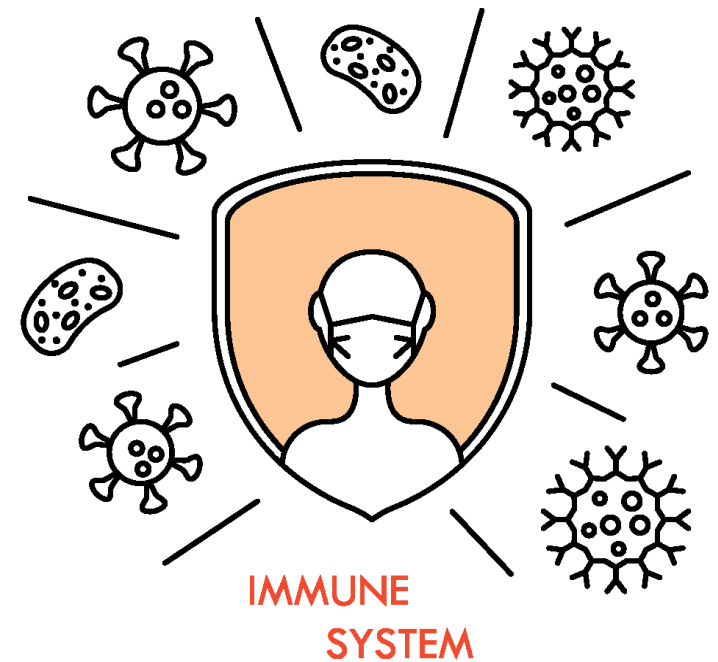
A mineral is the first to disappear in the event of chronic or acute stress: **Magnesium**. Also according to INSERM, it is estimated that 75% of people have a magnesium deficit. There are many signs of deficiency: fatigue, cramps, palpitations, irritability ...



When faced with stress, the body draws on nutrient reserves, especially magnesium, and the vicious circle is set in motion.

For more information please contact your dedicated sales manager

Source : <https://presse.inserm.fr/quand-le-stress-affaiblit-les-defenses-immunitaires/38527/>



ISALTIS offers a range of highly bioavailable magnesium salts to be used in addition to a diet rich in magnesium:

- Magnesium glycerophosphate (GIVOMAG®)
- Magnesium gluconate
- Magnesium lactate
- Magnesium citrate

They can be combined with **probiotics** also very effective in reducing the effects of stress and boosting immunity.



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