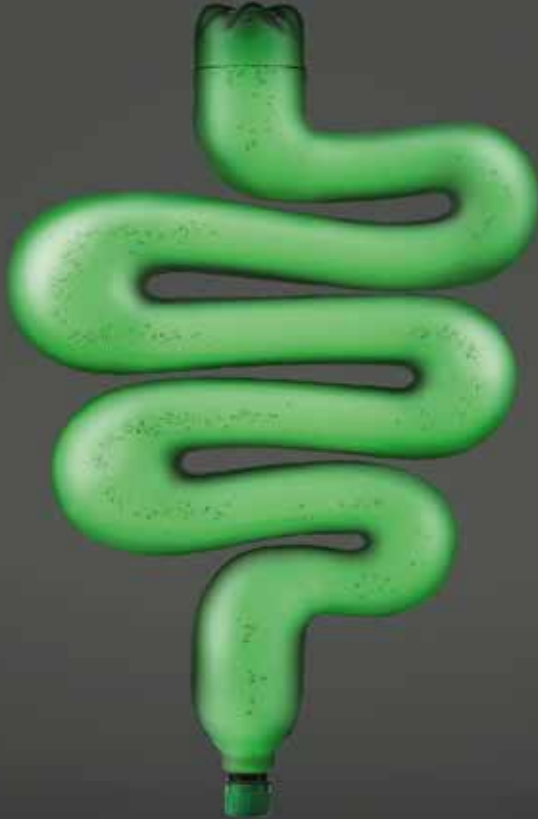


Natural source of health



donatmg.eu

Donat
Mg[®]

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DID YOU KNOW?



Did you know Pegasus hit the hill near to today's Rogaška Slatina with his hoof and caused the tectonic movement? Thereby, he made the natural mineral water with beneficial effect on human's health flow and see the light of the day.

Did you know that in 1908 digging, guided by Czech geologist dr. Knett, was made on the verge of the medical park and the mineral water with the highest mineralization in that time has been found? Donat Mg was born.



Did you know the results of the scientific researches on Donat mineral water have been published in renowned international literature all the way from 1908 when it was discovered?

Did you know Donat was named after the nearby mountain Donačka Gora, and it got additional symbol Mg due to high concentrations of magnesium.



Did you know Greeg god Apollo on Donat Mg label is not there by coincidence? According to the legend, he was the one who persuaded Pegasus to drink from Rogaška wells instead of from holy mountain Helicon.

Did you know that every drop of Donat Mg mineral water is formed for 7300 years? That's how long it takes for it to travel through rocky layers that implement it with minerals.



DID YOU KNOW?



Did you know that Donat Mg is a “kiselica” or “slatina” type? That means it contains naturally dissolved carbon dioxide on its well.

Did you know that Rogaška Medical Center is the only rehabilitation center for gastroenterology patients in Slovenia due to therapeutic effects of Donat Mg mineral water?



Did you know sulfates in Donat Mg provide regular stool and healthy digestion? The effect has been clinically proven in 2015.

Did you know the hydrogen carbonates in Donat Mg prevent heartburn by binding gastric acid and contribute to the normalization of its excretion?



Did you know that you can drink Donat Mg your entire life because it doesn't cause an addiction and is completely safe?

Did you know that we drink Donat Mg always for the health and never for the thirst?



MEDICAL Center Rogaška

Donat Mg is a unique mineral water with THE HIGHEST CONCENTRATION OF MAGNESIUM IN EUROPE.*

Donat Mg has been used in Rogaška Slatina for over 400 years in treating the digestive tract difficulties and the metabolism disfunctions.

Rogaška Medical Center is the largest and oldest, and is the only Medical Center in Slovenia for rehabilitation of the patients with digestive tract difficulties and the metabolism disfunctions.

Donat Mg cure is prescribed by a doctor and is highly efficient in dealing with constipation and heartburn.

Donat Mg helps the persons who have diabetes, hypertension, pregnant women and the ones who breastfeed; also, it is used in pediatrics.

* The comparative data contain all the available and recognized natural mineral waters from the EU registry.



THERE'S ALWAYS TIME FOR A GLASS OF NATURAL MINERALS

Donat Mg contains over **12 g of dissolved minerals per liter**, while the concentration of magnesium is over 1000 mg/l.

Donat Mg cares about healthy and high-quality life – it helps in dealing with problems that comes as a result of modern way of living.

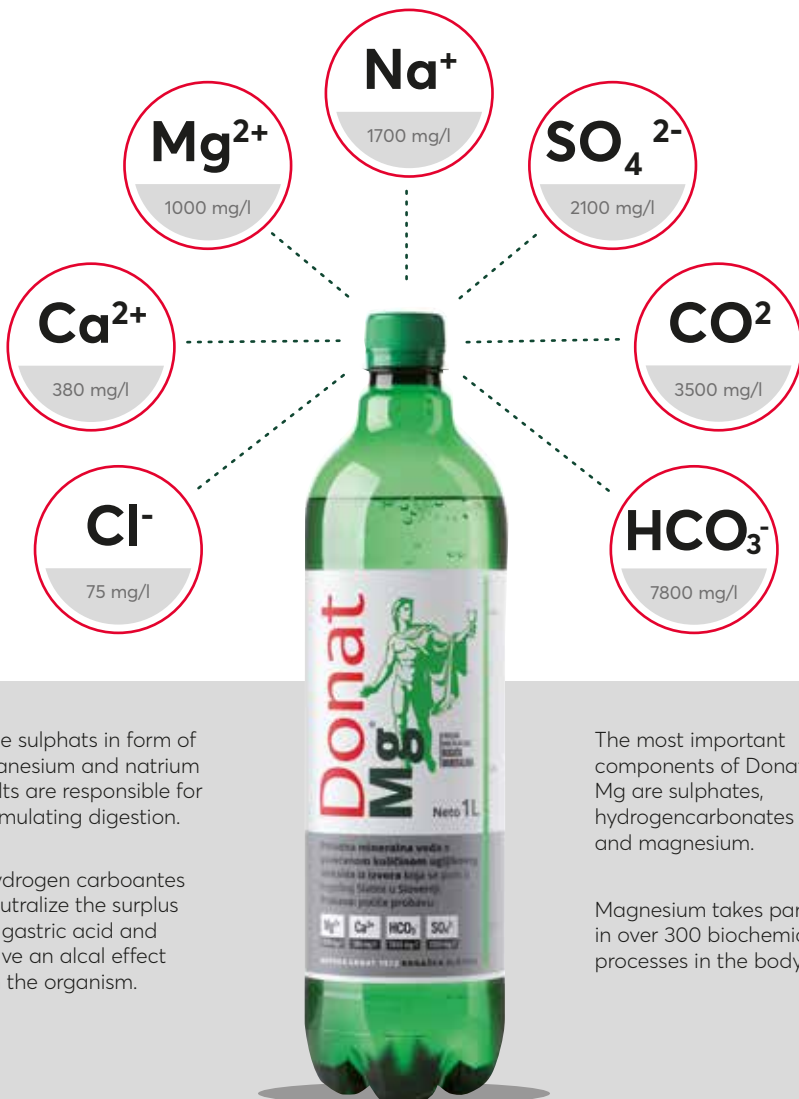
Donat Mg is recommended to anybody who wants to improve the quality of his life – for a better feeling and health maintenance.

Donat Mg
is the product
for everyday
use.

12g

Donat Mg reliably helps in digestion problems, supplies the organism with the magnesium, refills the energy and helps you feel good.

DISCOVER NATURE UNIQUENESS



The sulphates in form of manesium and natrium salts are responsible for stimulating digestion.

Hydrogen carboantes neutralize the surplus of gastric acid and have an alcal effect on the organism.

The most important components of Donat Mg are sulphates, hydrogencarbonates and magnesium.

Magnesium takes part in over 300 biochemical processes in the body.



MAGNESIUM

DRIVING FORCE OF LIFE

Mg

Why is magnesium important ?

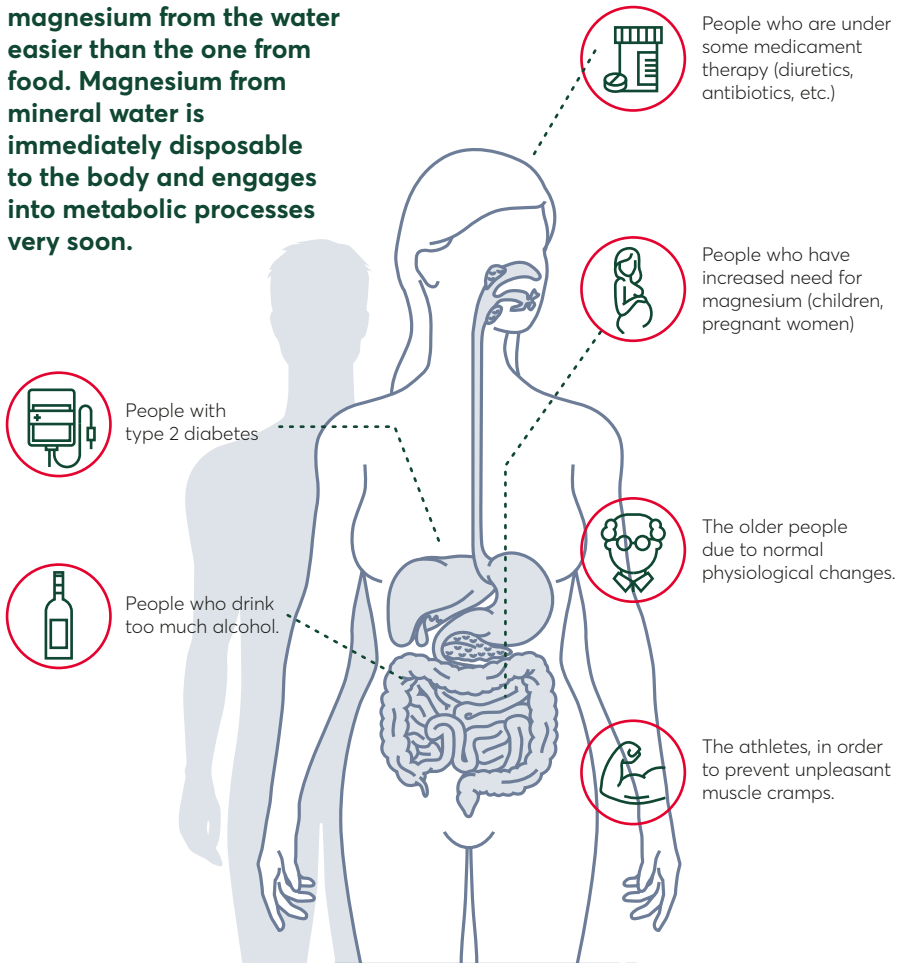
Magnesium is one of the most important minerals of our age and is crucial in maintenance of health. **The experts believe the recommended daily intake of magnesium for adults should be 375 mg**, but there are conditions under which the needs for magnesium are increased.

THE ROLE OF MAGNESIUM



WHO NEEDS AN ADDITIONAL MAGNESIUM INTAKE?

The body absorbs magnesium from the water easier than the one from food. Magnesium from mineral water is immediately disposable to the body and engages into metabolic processes very soon.



DO YOU KNOW YOUR DAILY INTAKE OF MAGNESIUM?

Recommended daily intake for average adult is 375mg of magnesium.



1 small raw apple unpeeled (150g)

= 7.5 mg Mg



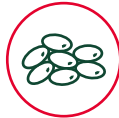
100g sardines

= 39 mg Mg



100g boiled broccoli

= 21 mg Mg



1 cup of boiled lentils (200g)

= 71.3 mg Mg



1 small banana (100g)

= 27.3 mg Mg



30g almond

= 75 mg Mg

1 dcl Donat Mg = 100 mg Mg =

27% RDI

*Recommended daily intake

Donat Mg



THE PORTION MATTERS.

How to drink Donat Mg to compensate magnesium?

3 - 4 dcl of Donat Mg daily will satisfy the daily need for magnesium. We recommend the daily amount to split into 3 doses.

Magnesium from Donat Mg will absorb better and faster if not combined with food.



0.1 L



Drink 1 dcl in the morning on an empty stomach



0.1 L



Drink 1 dcl 20 minutes before lunch



0.1 L



Drink 1 dcl 20 minutes before dinner

THE SECRET OF BRILLIANT DIGESTION

Healthy digestion for healthy organism

Once upon a time a wise man with the white beard named Hippocrates said: "**All disease begins in the gut.**" That's why it's very important to enable regular digestion so the body can get rid of waste and toxins. In intestines is located 70% of our defensive system and the intestine is our biggest immunological organ. That's why the right attitude towards digestive system is very important for health.

The most common reasons for constipation

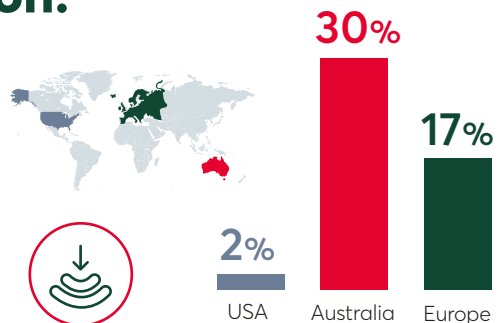
Nowadays, more and more people have problems with slow digestion and constipation. The main reasons for that are nutritional (meals with low share of fiber), habits related to drinking and everyday functioning (non-adequate intake of water, sitting way of life and lack of physical activities, ignoring the need to empty the bowel), frequent use of laxatives, but also, some medical issues and use of medications.

Even though every person has its own rhythm of digestion, hard and non-regular stool less than once a day, with the feeling the bowel isn't completely emptied and the feeling of bloating, in most cases may be characterized as slow digestion. **A healthy person has a stool at least once a day.**



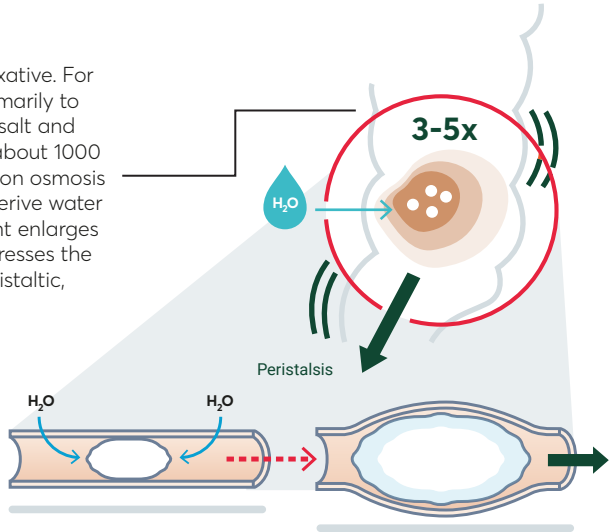
How many people suffer from constipation?

In most researches conducted in last years, the prevalence of functional constipation in general population varies from 2% in USA up to 30% in Australia. In Europe the prevalence rate is 17%.



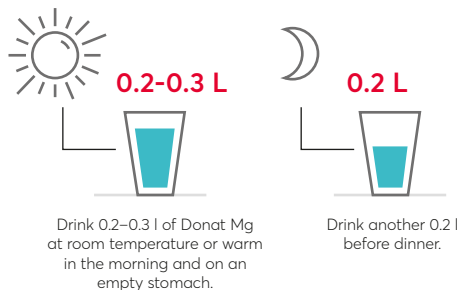
How Donat Mg helps with the problem of slow digestion and constipation?

Donat Mg is a natural osmotic laxative. For its functioning the credit goes primarily to sulfate salts (Mg-sulfate – Epsom salt and Na-sulfate – Glauber's salt) and about 1000 mg/l magnesium. Sulfates based on osmosis from the cells of intestinal walls derive water so the volume of intestinal content enlarges three to five times, that's why it presses the intestinal walls and causes its peristaltic, that is movement.



How to drink Donat Mg in case of constipation?

In case of constipation 0.5 liter of Donat Mg should be drunk daily. The entire amount can be drunk at once in the morning, on empty stomach, or may be split into two doses – 3 dcl in the morning on an empty stomach and 2 dcl before dinner. Ideally, Donat Mg should be warm, heated to the body temperature, but it can also be on the room temperature. Our suggestion is to remove CO² by stirring (or heating) to avoid bloating.



Donat Mg clinically proved regulates digestion

Donat Mg has been known for generations as a water with beneficial effect on digestion and for long time the experts in Medical Center Rogaška have been using it preventively or therapeutically.

In 2015 the effect of Donat Mg has been scientifically proved in clinical research.*



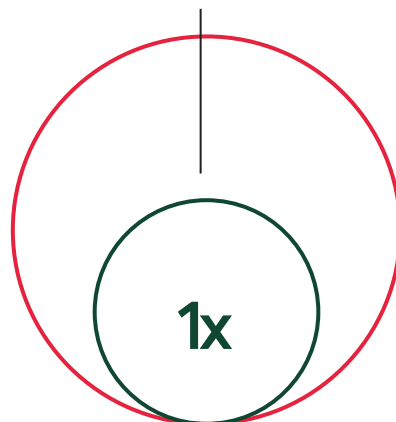
RESULTS

The research was conducted in Germany and the results showed the significant improvement in digestion functioning on subjects that consumed Donat Mg. The research was conducted on the subjects that my clinical parameters suffered from functional constipation – meaning they showed the symptoms of constipation without physical or psychological reasons.



3x

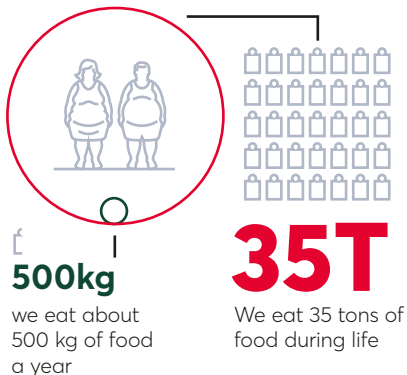
During 6 weeks of consumption, Donat Mg improved the intestinal functions, which reflected in three times more number of spontaneous stools.



*Bothe G, Coh A, Auinger A. Efficacy and safety of a natural mineral water rich in magnesium and sulphate for bowel function: a double-blind, randomized, placebo-controlled study. Eur J Nutr. 2015

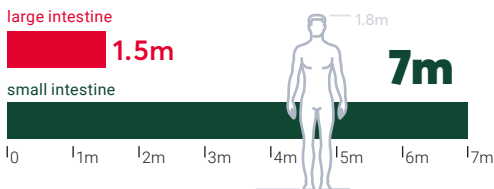
FOR THE ONES THAT WANT TO KNOW MORE

INTERESTING DIGESTIVE FACTS



HOW LONG IS THE INTESTINAL TRACT OF HUMANS?

The small intestine in adults is a long and narrow tube about 7 meters long. The large intestine is so called because it is wide in diameter. However, it is shorter than the small intestine - only about 1.5 meters long.

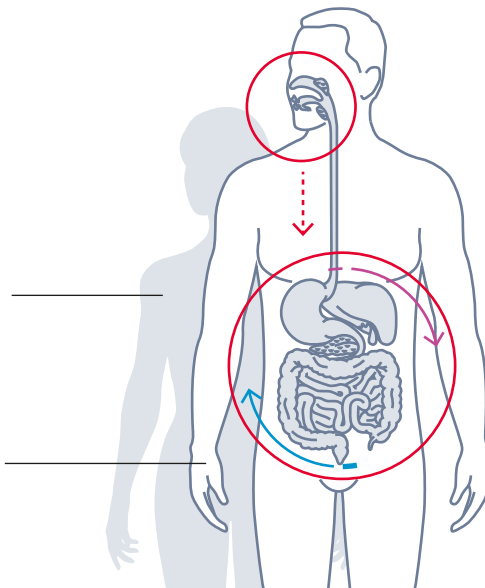


PERISTALSIS

Food doesn't need gravity to get to your stomach.

When you eat something, the food doesn't simply fall through your esophagus and into your stomach. The muscles in your esophagus constrict and relax in a wavelike manner called peristalsis, pushing the food down through the small canal and into the stomach.

Because of peristalsis, even if you were to eat while hanging upside down, the food would still be able to get to your stomach.



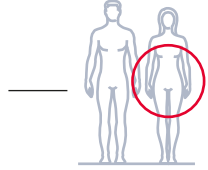
INTERESTING DIGESTIVE FACTS

400

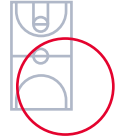
The average human being has over 400 different species of bacteria in their colon.



An adult female's small intestine is longer than the average adult male's.



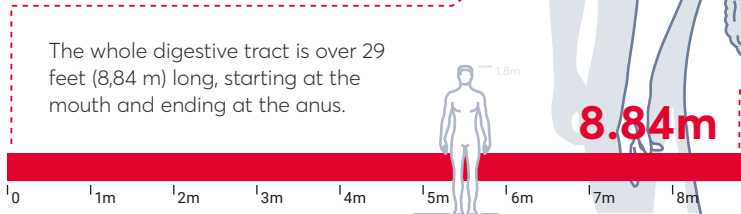
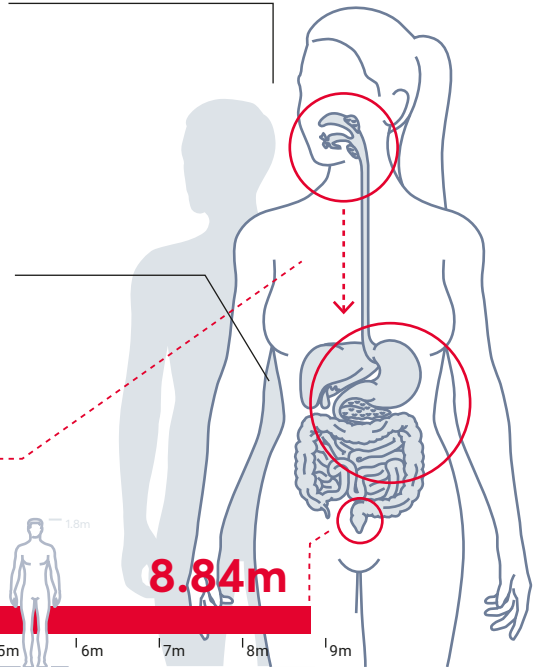
The approximate surface area of the small intestine is 2,700 feet; That's over half the size of a basketball court!



7s

It takes approximately seven seconds for food to travel through the esophagus and reach the stomach.

Digestion time varies between individuals and between men and women. After you eat, it takes about six to eight hours for food to pass through your stomach and small intestine. Food then enters your large intestine (colon) for further digestion, absorption of water and, finally, elimination of undigested food.



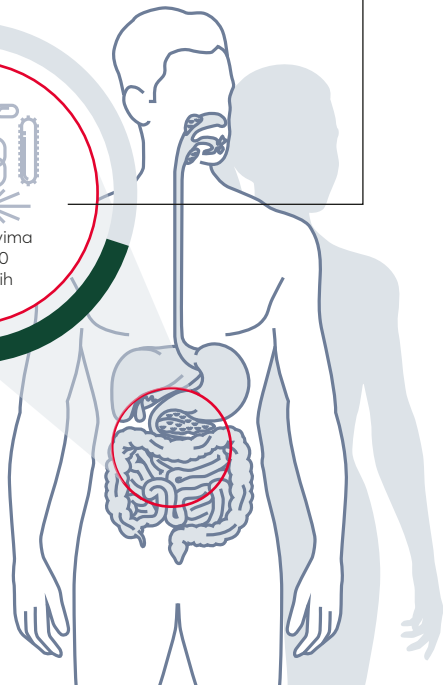
BITKA IZMEĐU "DOBRA I ZLA"

100.000.000

Znate li da u našim crijevima živi oko 100.000.000 živih bakterija? Ali, nisu sve opasne. Naprotiv, neke od njih su nam vrlo bitne i korisne. To su tzv. dobre bakterije ili probiotici. No, prebivalište tu pronalaze i loše bakterije te se svakodnevno u našim crijevima vodi bitka između "dobra i zla", a o pobjedniku ovisi cjelokupno stanje našeg organizma.

70%

A ako uzmemo u obzir i činjenicu da je upravo u crijevima smješteno otprilike 70% stanica našeg obrambenog sustava, lako je zaključiti da ukoliko povoljno djelujemo na ravnotežu "dobrih" i "loših" bakterija u našim crijevima, povoljno ćemo djelovati na cijeli organizam.



ŠTO JE POTREBNO ZA RAVNOTEŽU:

osigurati redovito pražnjenje crijeva

daily exercise

promijeniti prehrambene navike i stil života

povećati unos prehrambenih vlakana

piti dovoljno tekućine, u prvom redu vode

redovito konzumirati Donat Mg

PREGNANCY IS WONDERFUL, BUT NOT ALWAYS VERY PLEASANT

Why is magnesium important ?

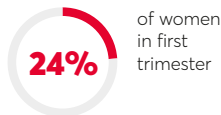
The pregnancy is the most beautiful period in woman's life, but often it is accompanied by unpleasant difficulties like heartburn, constipation, bloating and muscle cramps. Also, women often feel tiredness and exhaustion. During the happy period of waiting for the baby it's very important to pay attention to proper nutrition, moderate physical activities and adequate intake of vitamins and minerals. In pregnancy there is an increased need for magnesium¹ and Donat Mg is the richest natural mineral water with this mineral².

¹Us Department of Health and Human Services;
National Institutes of Health

²The comparative data contain all the available and
recognized natural mineral waters from the EU registry.

HOW TO ACTIVATE SLOW DIGESTION IN PREGNANCY?

According to the research, from constipation suffer*



CONSTIPATION – UNPLEASANT, BUT COMMON PHENOMENON IN PREGNANCY

Unbalanced nutrition, inadequate intake of fibers and liquid, lack of physical activities, sense of fear and worry, hormone changes, pressure on bowel due to increased uterus and taking iron preparations are the most common reasons for constipation in pregnancy.

This unpleasant phenomenon may be prevented by quality, balanced and various nutrition.

Each pregnancy is different and it won't be strange if none of these advices doesn't help with constipation. In that case, ask your doctor for an adequate food supplement that will help.

Besides balanced and various nutrition and the right choice of foods we advise everyday consumption of Donat Mg mineral water.



Drink 0.2–0.3 l of Rogaška Donat Mg at room temperature or warm in the morning and on an empty stomach.



Drink another 0.2 l before dinner.

AVOID BLOATING

One important tip: When heated to body temperature, Rogaška Donat Mg loses its carbon dioxide; in other words, it starts to evaporate at this temperature. This is important because we don't ingest carbon dioxide and thus avoid bloating.

* Bradley CS, Kennedy CM, Turcea AM, Rao SS, Nygaard IE. Constipation in pregnancy: prevalence, symptoms, and risk factors. *Obstet Gynecol* 2007;110(6):1351-7

YOU ARE PREGNANT AND TIRED?

Tiredness is a common phenomenon, especially in the first trimester of pregnancy. Your body works hard so your baby could grow and develop. It needs to create placenta that feeds your baby and brings the oxygen to it. On the other side, stress, nausea, emotions and various questions take your energy and enthusiasm and draw your strength. In a way, your body is telling you to slow down. The right choice of foods can make you feel better

Magnesium is a mineral that largely contributes to decrease of tiredness and exhaustion. Just 3-4 dcl of Donat Mg mineral water will satisfy your daily needs for magnesium and will help you in fight against tiredness. Arrange your daily amount more times during day before meals.



PAINFUL MUSCLE CRAMPS?

Did you know magnesium is important for the proper functioning of muscle and nervous system?

In pregnancy often happens that you feel painful muscle contractions, commonly known as cramps. Cramps appear when nerves are sending uncontrolled signals to the muscle cells so the muscles can't relax. In most parts, the main reason for the cramps are unbalanced electrolytes. Thus, in order to be in physical, but also in psychological balance, your body needs micro and macro elements every day. One of the first is magnesium that largely contributes to the electrolyte balance. **In green leafy vegetables magnesium is in chlorophyll, it's contained in legumes and wholegrain cereals, dry fruits, soya, almonds, walnuts, but about 70 % of magnesium from foods is destroyed during its processing. That is why we recommend everyday consumption of Donat Mg.**



Just 3-4 dcl of Donat Mg mineral water will satisfy your daily needs for magnesium and will help you relax your muscles.

More information and useful advices find on portal www.trudnica.mg , download free handbook for pregnant women and join us on Facebook page www.facebook.com/trudnica.mg.

¹US Department of Health and Human Services; National Institutes of Health

²The comparative data contain all the available and recognized natural mineral waters from the EU registry.

DETOX Mg PROGRAM FOR THE FULL RESET



What is detoxification?

Detoxification or organism cleansing is the subject of opposing arguments in scientific circles because of lack of unified proves that would encourage the enforcement of detox nutrition regime. The healthy organism has natural mechanisms of defense against toxins, but in today's life rhythm organism comes under a lot of pressure. There are lots of factors that influence the health, but nutrition is one that we can affect and change.

21-DAY DETOX MG PROGRAM

21-Day Detox Mg Program includes a holistic approach of changing nutritional habits and introducing physical activities. The program is about properly designed natural nutrition that has a goal to change examined anthropometric measures, life quality index, **blood parameters and body composition. Detox Mg is designed by nutritionists and kinesiologists in cooperation with the Medical Ceter Rogaška doctors.** Detox Mg is definitely not a reckless, fast, instant diet, but includes primarily natural, healthy ingredients meant to improve health and help to cleanse the body from accumulated harmful substances.

Together with regulated nutrition natural mineral water Donat Mg is used, for which it's been clinically proven to regulate the digestion. In order to prove the efficiency of Detox Mg program, the prospective study has been conducted on 100 subjects.



21-Day



TOP 5 RESULTS

1 TJELESNA MASA

NA POČETKU
STUDIJE
TEŽILI SMO

7,61
TONA



21 dan detox
mg programa

NA KRAJU STUDIJE
TEŽILI SMO

7,34
TONA

7.341,60 kg

PROSJEČNI GUBITAK



muškarci su u
prosjeku izgubili



žene su u prosjeku izgubile

2 MASA TJELESNE MASTI

MASA TJELESNE
MASTI NA
POČETKU STUDIJE

2,2
TONE



21 dan detox
mg programa

MASA TJELESNE MASTI
NA KRAJU STUDIJE

2
TONE

2.016,90 kg

PROSJEČNI
GUBITAK



2,82 kg

5,9 kg

REKORD

3 POVRŠINA VISCERALNOG MASNOG TKIVA

Objašnjenje: visceralna masnoća pokazuje debljinu "Iznutra". To je masnoća koja se nalazi duboko u trbušnoj šupljini, ispod mišićnog sloja i oblaže jetru, bubrege, srce i gušteraču.

VOLUMEN VISCERALNE
MASTI NA POČETKU
PROGRAMA

9.786,4 cm³

-965,4 cm³

21 dan detox
mg programa

VOLUMEN VISCERALNE
MASTI NA KRAJU
PROGRAMA

8.821 cm³

PROSJEČNI
GUBITAK KILO

11,32 cm²

4 KOLESTEROL

57 ispitanika je imalo povišeni kolesterol prije početka programa



33 osobe imale su kolesterol ispod gornje granice na kraju programa



58%

92 osobe su imale spuštene vrijednosti kolesterola

kod 58% ljudi kolesterol se normalizirao

5 TRIGLICERIDI

19 ispitanika je prije početka provođenja programa imalo vrijednosti triglicerida > ili = 1,7 mmol/L



14 Po završetku programa kod 14 ispitanika se vrijednost normalizirala tj. pala ispod 1,7 mmol/L



82%

70 ispitanika je imalo spuštene vrijednosti triglicerida

Kod 82 % ispitanika snizila se vrijednost triglicerida na normalu

The results have confirmed the efficiency of Detox Mg program.

You can also make a healthy decision and take courage to go through Detox Mg program. You can find free Detox Mg handbook with advices and recipes on www.detoxmg.eu/hr/.



Donat Mg[®]

We hope this handbook will help you overcome some of the most common difficulties of the modern age.

And don't forget!

Donat Mg is a natural answer when it comes to your health.

donatmg.eu



**Kako piti Donat Mg?
Preuzmi aplikaciju Donat Mg Moments.**

