48 years of wellness support

~1978~

Magnus News

11

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Our popular Magnus Original "Healthy Living Calendar 2027" is now available as a FREE gift with any purchase starting this month!

🎄 **Christmas Gift Sale Is Here!** 🎁
Share the Gift of Wellness This Christmas!
Discover our special Christmas Gift Sets, available in November and December only. Find thoughtful gifts for your loved ones and enjoy **exclusive member prices and wonderful savings!**
🎁 **This Month's Special: GinkCoQ10Max**
Order **GinkCoQ10Max** and receive a **FREE two-week supply of Super Garlic Plus ($27 value)!**
A little extra gift from us to make your holiday season even more special!
Shop now and celebrate the joy of giving!

Xmas SPECIAL

A 2 Organic Soaps
~~(S.R.P$20)~~



$14

B 3 Organic soap SET
~~(S.R.P$30)~~



$21

C 1Organic Soap and 1 Hand & Nail cream
~~(S.R.P$28)~~



$14

D 3 Hand & Nail cream SET
~~(S.R.P$54)~~



$21

A Rich, Serum-Infused Cream for Hands & Nails

NOVEMBER PROMOTION

SRP$84 /90 capsules

★ Receive a **FREE Super Garlic Plus sample packet (40 capsules, a $27 value)** with your purchase of GinkCoQ10Max!



★ Buy **5 GinkCoQ10Max** and receive **1 FREE**, plus a **FREE one sample packet of Super Garlic Plus (40 capsules, a $27 value)!**



GINKGO CoQ10 MAX
SRP$84 /90 capsules
Featuring CoQ10, Ginkgo Biloba, and other essential nutrients in carefully balanced proportions, GinkCoQ10Max is designed to support heart, memory, and eye health, as well as healthy blood vessels for a healthy cardiovascular wellness!
and make it part of your daily wellness routine!



SUPER GARLIC+
Combining odorless garlic, Kintoki ginger, freshwater clam extract, and Okinawan turmeric with Vitamins C and B1, Super Garlic Plus features a blend of powerful ingredients!
The garlic is processed using a proprietary method to extract its beneficial components and enhance absorption.





SRP$40 /60caps

Tea Tree Shampoo Bar

E
For a Healthy Scalp & Beautiful Hair! Helps Reduce Hair Loss!

~~(S.R.P$12)~~

$8.40





SPECIAL!

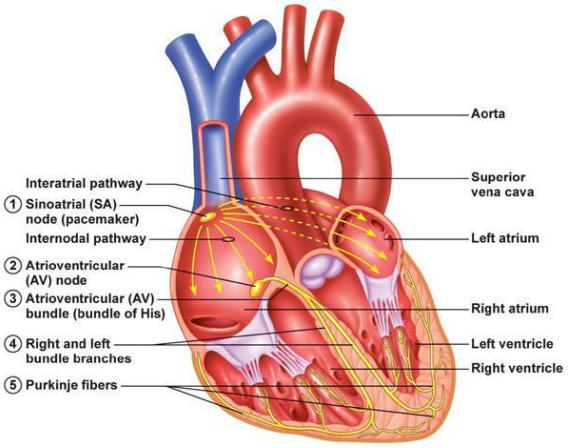
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Get one **FREE M Milk** when you purchase $150 (member price) or more in Magnus products! (One per customer)



~~(S.R.P$48)~~

A luxurious moisturizing emulsion made with hot spring water and enriched with collagen, hyaluronic acid, placenta extract, and other beauty ingredients to help hydrate and nourish your skin.

The Amazing Heart!

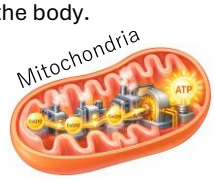


The human heart contains billions of cells, including specialized heart muscle cells and pacemaker cells (sinoatrial (SA) node) . The pacemaker cells generate electrical signals that regulate the heartbeat. These signals travel through the heart's electrical conduction system, including the atrioventricular (AV) node, coordinating the heart muscle contractions that pump blood throughout the body.
This is why the heart can sometimes continue beating even after brain death has occurred. However, a person who is brain-dead cannot breathe independently. Without mechanical ventilation and other medical support to maintain oxygen supply and circulation, the heart will eventually stop beating.

【What is CoQ10?】

CoQ10 (Coenzyme Q10) is a coenzyme that plays an essential role in helping our cells produce energy. It is found in high concentrations in organs and tissues that require large amounts of energy, particularly the heart, brain, and muscles.
Inside our cells are tiny structures called mitochondria, which act as the body's power plants, producing the energy our cells need to function. CoQ10 plays an important role in this energy-producing process.
The heart, in particular, requires a tremendous amount of energy because it works continuously, 24 hours a day, to keep blood circulating throughout the body.

The Main Functions of CoQ10



1. Energy Production
CoQ10 plays an essential role in the process by which cells produce the energy needed to keep the body functioning.

2. Cellular Protection
CoQ10 acts as an antioxidant, helping protect cells from oxidative damage caused by free radicals.

【CoQ10 levels in our body】 CoQ10 is naturally produced by the body, primarily through processes that take place within our cells.

CoQ10 levels vary among different tissues and individuals. Research suggests that CoQ10 levels in the heart may decline with age, although the extent of this decline can vary.
Because the heart works continuously, it requires a steady supply of energy to maintain normal function. Maintaining adequate CoQ10 levels is therefore important for the body's natural energy-producing processes.
When CoQ10 levels are low, cellular energy production may be affected sometimes causing fatigue, muscle pain, palpitations, and shortness of breath but these can also have many different causes besides low CoQ10 levels.



Where Does CoQ10 Come From?
CoQ10 is naturally produced by the body, primarily in cells throughout the body, including those in the liver. The body uses nutrients obtained from food as building blocks in the production process.
CoQ10 is also found in certain foods, including meat, fish, and some nuts and oils. However, dietary sources generally provide relatively modest amounts.
Today, many CoQ10 supplements are manufactured using fermentation processes that employ yeast or other microorganisms. Rather than extracting large quantities directly from natural foods, manufacturers cultivate microorganisms that produce CoQ10, which is then purified for use in supplements.

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Do Heart Muscle Cells Last a Lifetime?
Unlike many other cells in the body, heart muscle cells renew themselves very slowly. Research suggests that in healthy adults, approximately 1% of heart muscle cells may be replaced each year in young adulthood, with the rate declining to less than 0.5% in older age.
This means that **many heart muscle cells can remain with us for decades**, continuing to work day after day. However, heart muscle cells are not completely static: they can repair and renew some of their internal components, including proteins and mitochondria, even when the cells themselves are not replaced.

Why Is Protecting Your Heart So Important?
When heart muscle cells are damaged or die, such as during a heart attack, the heart has only a limited ability to replace them with new muscle cells. Much of the damaged tissue is instead replaced by scar tissue, which cannot contract like healthy heart muscle.
Heart muscle cells work continuously and require a constant supply of energy.
Coenzyme Q10 (CoQ10) plays an important role in mitochondrial energy production, helping cells generate the energy they need to function.

How Much CoQ10 Do We Need Daily?
For adults, daily CoQ10 intake is sometimes estimated at approximately 60–100 mg. However, requirements and dietary intake vary depending on age, diet, and individual health conditions.

Ginkgo CoQ10 MAX

SRP$84 /90 caps

Just 3 capsules of GinkgoCoQ10Max provide 75 mg of CoQ10.



Formulated with CoQ10 and other essential nutrients in carefully balanced proportions, GinkCoQ10Max is an excellent choice for those looking to support heart health, memory, and eye health.

Give your daily wellness routine a boost with GinkCoQ10Max!





Message from Mr. Torii

At five o'clock in the evening, it is already completely dark outside. Autumn is my favorite season weather-wise, but for some reason, the early darkness makes me feel gloomy and melancholy. That is the part I dislike. But where has all that summer heat gone? I have been seeing many people suffering from colds. A cold can be the starting point for many other illnesses, so it is important to take care of it early. If you feel you are coming down with a cold, keep your body warm, avoid overeating and drinking too much, and go to bed early. Most colds should improve with these measures.

Cold medicine is one of the best-selling products of pharmaceutical companies. Before trying to treat a cold with medicine, try getting plenty of rest.

I am particularly cautious when it comes to colds. First, I consider catching a cold a possible sign that my body is run down, so I reflect on my lifestyle habits. There is always a reason, and I believe I can find it. Second, I make sure to take precautions to avoid spreading the cold to others, especially babies and older adults. If they catch it from me, they could develop pneumonia and, in some cases, even die. I sometimes see people who take time off work because of a cold, visit the hospital, and then spend their spare time at a bookstore or coffee shop on the way home. I always think they would be better off going straight home and resting. A cold in its early stages is not necessarily an illness that needs to be treated with medication. Rest is the best medicine.

On October 7, I attended a high school reunion in my hometown of Shizuoka to celebrate the 90th birthday of one of my classmates. Thirty-three people attended.

At our previous reunion two years ago, when we celebrated our 88th birthdays, 62 people attended. Eight years before that, there were 120 attendees. Our graduating class had approximately 370 students, so fewer than 10% remain in attendance today. It is said that, in terms of our organs, heart cells may continue functioning until around the age of 150. I do not know the exact upper limit for the brain, but it has been established that humans can survive until the age of 120.In reality, however, reaching 90 seems to be a significant milestone. It is said that 50% of women and 25% of men live to the age of 90. But of those people, how many can live independently and comfortably, without difficulty in their daily lives?

Until I was around 80, I did my best to pay attention to what I ate, but I neglected exercise and sleep. To avoid becoming a burden on others, I have gradually been working to improve both. Exercise, in particular, can be done almost anywhere. The important thing is simply to keep moving throughout the day. My body has become quite stiff, so I am making a conscious effort to loosen up and improve my flexibility.

As for sleep, a friend recommended that I sleep with a breathing-assistance device. Since I started using it, I have stopped waking up one to three times a night to go to the bathroom, and my sleep is gradually improving.

I found the gathering meaningful because I had the opportunity to hear so many different perspectives on life.

In my speech, I said, "There is no such thing as a life left over. We should live on with curiosity and enthusiasm." The reunion organizer had worked hard to bring 33 people together, calling it "our final reunion." However, many attendees strongly expressed their wish to hold another reunion next year. I thought that was wonderful because it showed how eager everyone was to stay healthy and say, "Let's be well enough to meet again next year!"

A friend in America introduced me to Shinnosuke Matsuyama, a former Japan Airlines employee who had been stationed in the United States and now lives in Japan. I had the opportunity to meet him. He currently helps run a small publishing company and supports community revitalization projects in Japan. He gave me a book titled How Should We Live? (Bokutachi wa, Dō Ikiru ka). It is short enough to read in less than 30 minutes, yet its content is thought-provoking and substantial.

he central message of Mr. Matsuyama's book is this: "Silence is complicity

The president of Magnus Vietnam is enthusiastic about partnering with JICA (Japan International Cooperation Agency), initially focusing on children's education and nutritional education. I also want to support this initiative.

Recently, I received a report that in the city of Da Lat, nearly 20 local mothers and children gathered to prepare and enjoy Japanese-style curry rice. The response was very positive. Apparently, curry is not a particularly common dish in Vietnam. Because it is nutritious, perhaps the day will come when it becomes a familiar part of Vietnamese cuisine. The next gathering is planned around making and enjoying omurice, a Japanese dish of omelet-covered rice.

Now, let me turn to this issue's theme: blood. There is a saying that "people age along with their blood vessels."

Compared with the past, the composition of our blood is changing over the years. This is attributed to the accumulation of impurities that are not normally part of the blood, coming from environmental factors and the foods we eat.

Eat fresh vegetables and fruits, take Royal Green Silk to help purify blood that has become acidic, and use Ginkgo CoQ10 to improve circulation. By incorporating these practices, you can further enhance your health.

Maintaining good health depends on small, consistent efforts made every day. The brain contains blood vessels that are thinner than a fine thread. To help maintain cognitive health as you age, please consider trying EYE SUPPORT as well.

Dementia is increasingly being diagnosed at younger ages. Excessive eye strain is one of the causes.

Eye fatigue is directly connected to brain fatigue. It is important to pay attention to protecting both your eyes and your brain from an early age.



Mt.Torii's YouTube Channel!

Check out Mr. Torii's YouTube channel and share!
The newest 2 videos have English subtitles!



www.youtube.com/@mr.torii.channel

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FIRST CLASS MAIL



November Recipe

Zucchini, Blueberry and Pecan Muffins

Delicious & Healthy!

1 ½ cups all-purpose flour
¼ cup white sugar + ¼ cup brown sugar
1 teaspoon baking soda
1 tsp ground cinnamon
½ tsp salt
½ cup olive oil
¼ cup milk
1 large egg
1 ½ tsp vanilla extract
1 cup shredded zucchini
½ cup fresh blueberries
½ cup chopped pecans



Gather the ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper liners.
Combine flour, white sugar, brown sugar, baking soda, cinnamon, and salt in a large bowl.
Whisk olive oil, milk, egg, and vanilla together in a separate bowl until smooth; stir into flour mixture until batter is just moistened.
Fold in zucchini, blueberries, and pecans until incorporated.
Spoon batter into the prepared muffin cups, filling each 2/3 full.
Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Cool on a wire rack.

《From our Friends》

◆ Enjoying My Daily Walks!



I have always considered myself healthy because I walk my dog every day. However, a few years ago, I began experiencing heart palpitations during my walks. After visiting a clinic, I was told I had an irregular heartbeat. After learning about CoQ10, I decided to add Magnus Ginkgo CoQ10 Max to my daily routine, taking three capsules each day. It has been almost a year, and I am grateful to be continuing my daily walks with greater peace of mind. This product has become part of my daily wellness routine.
(H. Yamamoto, 72, Tokyo)



◆ Making Brain Health Part of My Routine!

Recently, I became concerned about my forgetfulness and occasional difficulty concentrating. After researching ways to support my overall wellness, I learned about ginkgo biloba and decided to try Magnus Ginkgo CoQ10 Max. I took four capsules daily during the first month and three capsules daily during the second month. I appreciate having a consistent daily wellness routine, and I am pleased to continue taking steps to care for myself. I also enjoy staying active by walking regularly.
(Cathy Kim, 69, Oregon)



◆ Supporting My Everyday Wellness!

I had a heart attack seven years ago, and since then, I have paid closer attention to my diet and lifestyle. When I learned about CoQ10, I decided to incorporate it into my daily wellness routine. I am glad to have been able to maintain an active lifestyle and continue exercising. Magnus Ginkgo CoQ10 Max also contains ginkgo biloba, reishi mushroom, vitamins, and DHA. I appreciate having these ingredients in one convenient product. *(M. Ogi, 57, Toronto)*