



Magnesium Glycinate

Ingredients:

- ▶ 180 mg Magnesium Glycinate per capsule.

Directions:

Take 1 to 3 per day, or as directed.

Why take this supplement:

Magnesium is thought to be the most common nutrient deficiency in the North American diet.

This product provides magnesium bound to the amino acid glycine, making it very body-friendly and highly absorbable. The primary benefit of this form of magnesium is that it can be taken in high doses without the concern for bowel upset.

- Magnesium is required for over 300 essential biochemical reactions in the body including the formation of ATP, cellular signal transduction, and the synthesis of DNA, RNA and protein. It plays important roles in both structure and function of the human body.
- Magnesium keeps muscles relaxed, including the heart and blood vessels.
- Magnesium is required for neurotransmitter synthesis (serotonin, melatonin, etc.) along with zinc and vitamin B6.
- Magnesium is also involved in adrenal hormone production, which may help to relieve stress and may provide support for those with anxiety or trouble sleeping.
- Magnesium, together with calcium, creates nerve and muscle impulses. Magnesium is well known to help with conditions involving muscle spasms or cramp. Magnesium can help in peripheral nerve disturbances throughout the whole body. It is often recommended for assisting those suffering with fibromyalgia or myofascial pain syndromes.
- Magnesium is required for calcium to be incorporated into bone and is important in the support for osteoporosis.

Cautions:

Magnesium glycinate is considered very safe and generally is well tolerated but, as with all body chemistry, there are some who may require caution in supplementation.

No contraindications are known but potential drug interactions may exist. Please consult your medical doctor if you have concerns regarding your medications.

Caution is advised for those with kidney disease.

This supplement does NOT contain corn, dairy, gluten, soy, wheat or yeast.