



MAGNESIUM glycinate

highly bioavailable support for muscle function and relaxation, cardiovascular health, and a healthy stress response*

- ✓ 250 mg of highly absorbable magnesium per serving
- ✓ Fully chelated magnesium glycinate formula
- ✓ Supports healthy cardiovascular function*
- ✓ Supports muscle activity*
- ✓ Support for cellular and metabolic health*
- ✓ Less likely to cause digestive discomfort than other forms of magnesium*
- ✓ Supports energy production*
- ✓ Supports a healthy stress response*
- ✓ Nutritional support for a balanced mood*
- ✓ Magnesium is required for normal sleep*
- ✓ Nutritional support for normal sleep*

Magnesium is an essential mineral vital to numerous bodily functions and metabolic processes. Providing 250 mg of chelated and highly bioavailable magnesium per serving, Magnesium Glycinate supports muscle function and relaxation, cardiovascular health, a healthy stress response, cellular energy production, metabolic health, and overall wellness.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Frequently Asked Questions

Q: What is magnesium glycinate?

A: Magnesium glycinate combines elemental magnesium with glycine through a chelation process that forms two stable, five-membered ring structures. In these rings, magnesium ions coordinate with both the amino and carboxyl functional groups of glycine molecules.¹ This molecular arrangement enhances stability and solubility, resulting in a supplement with high bioavailability and reduced gastrointestinal irritation.²

Q: What are the main benefits of chelated magnesium over non-chelated magnesium?

A: Chelated magnesium offers higher bioavailability due to its stable bonds with organic molecules (e.g., amino acids), enabling more efficient absorption into the bloodstream compared to non-chelated forms like magnesium oxide.^{1,2}

Q: Does everyone need to take a magnesium supplement?

A: Magnesium is an essential mineral, meaning that the human body requires it for normal function but must obtain it from the diet. It is estimated that roughly two-thirds of Americans do not consume the recommended amount of magnesium every day, and would thus benefit from increasing their magnesium intake.³ Factors that increase the risk of insufficiency include age, metabolic issues, poor diet, use of certain medications, and physical activity.^{4,7}

References

1. Yin, LH, et al. J Innov Opt Health Sci. 2016. 10:1650052.
2. Schuchardt JP, Hahn A. Curr Nutr Food Sci. 2017. 13(4):p. 260-278.
3. King DE, et al. J Am Coll Nutr. 2005. 24(3): p. 166-171.
4. Nielsen FH, Lukaski HC. Magnes Res. 2006. 19(3): p. 180-9.
5. Griffiths AM, et al. Journal of Food Sciences and Nutrition. 2012. 63(4): p. 393-401.
6. Krejs GJ, et al. Am J Med. 1983. 75(6): p. 973-976.
7. Campbell SC, et al. Therapeutic Drug Monitoring. 2014. 36(4): p. 544-548.

Q: Can these capsules be combined with other foundational nutrients, or products containing magnesium?

A: These capsules can be combined with any of our award-winning fish oil blends, probiotics, and vitamin products for a more comprehensive approach to foundational health. However, because unabsorbed magnesium can attract water from surrounding tissues into the intestine or colon to create a laxative effect, consuming more than the daily recommendation of magnesium (approx 400-420 mg/day for men and 310-320 mg/day for women) from supplements is not recommended. Talk to your medical professional before combining these capsules with another product containing magnesium.

Q: Can these capsules be safely consumed with foods high in magnesium?

A: Yes. Under normal conditions, the kidneys are able to eliminate excess magnesium from food sources in the urine. Within the intended conditions of use, most healthy individuals can safely take these capsules with any number of foods high in magnesium, such as pumpkin seeds, leafy green vegetables, nuts, salmon, and avocado.

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value**1	
Magnesium (as magnesium bisglycinate chelate)	250 mg	60%

**Percent Daily Values are based on a 2,000 calorie diet.
1 Daily Value (DV) for adults.

Other Ingredients: capsule (hypromellose, water), ascorbyl palmitate, hydroxypropyl cellulose, silica.

No gluten, milk derivatives, wheat, soy, or synthetic dyes.

Flavor	Item Number	UPC Code	Soft Gels per Bottle	Days of Use	Case Quantity	Unit L" x W" x H"	Case L" x W" x H"	Unit lbs.	Case lbs.	MSRP	WS
unflavored	01527	7 68990 01527 4	90	30	12	2.5 x 2.5 x 4.5	10 x 8 x 5	0.2994	4.0406	\$21.95	\$13.17



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