



Mag Glycinate®

Highly Absorbable Magnesium

Mag Glycinate features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. Magnesium is an essential mineral that acts as a cofactor in many metabolic processes. Magnesium supports muscle relaxation and nervous system health.

Why Mag Glycinate?

Unlike other formulations, the magnesium in Mag Glycinate is designed to:

- Be absorbed via a mechanism similar to that used by amino acids and unlike typical mineral ion absorption.
- Not be dependent on stomach acidity for absorption.
- Improve bowel tolerance to magnesium.

Form: 60 or 120 Tablets
Serving Size: 1 Tablet

Ingredient	Amount Per Serving
Magnesium.....	100 mg
<small>(as magnesium bisglycinate¹)</small>	

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, and silica.

Directions: Take one tablet three times daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place. **Do not refrigerate.**