

# Magnesium Glycinate

NPN 80112525

## DESCRIPTION

Magnesium Glycinate capsules supply 120 mg of elemental magnesium from a magnesium glycinate complex.

## FUNCTIONS

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in Canada and other industrialized countries often provide less than adequate amounts of magnesium. Clinical evidence indicates that magnesium glycinate has a significantly higher bioavailability than other forms of magnesium, and is less likely to cause a laxative effect. Supplementation with a bioavailable magnesium glycinate complex can help bridge the gap between dietary intake and optimal requirement.

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, and muscle function. Two-thirds of the body's magnesium content is located in the skeleton, where it helps to maintain bone health. Recent scientific studies show that magnesium supplementation in animals not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption.

## INDICATIONS

- Muscle function
- Bone health

## FORMULA (#202733-120HYC-C)

Each Capsule Contains:

Magnesium (magnesium glycinate) ..... 120 mg

Non-medicinal ingredients: Hypromellose (capsule), ascorbyl palmitate.

## SUGGESTED USAGE

Adults: Take 1 capsule 1-4 times daily or as directed by your healthcare practitioner.

## STORAGE

Store in a cool, dry place. Keep out of reach of children.

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**For more information on Magnesium Glycinate visit [douglaslabs.ca](http://douglaslabs.ca)**

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