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**Mag Glycinate** features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. 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 of magnesium.

Magnesium is an essential mineral that acts as a cofactor in many metabolic processes. Magnesium also supports muscle relaxation and nervous system health.\*

**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.

**Tamper Evident:** Do not use if safety seal is missing or broken.

**Storage:** Keep tightly closed in a cool, dry place.

**Do not refrigerate.**



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



# Mag Glycinate

Highly Absorbable Magnesium

DIETARY  
SUPPLEMENT

120 TABLETS

PRACTITIONER EXCLUSIVE

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 120

	Amount Per Serving	% Daily Value
Magnesium (as magnesium bis-glycinate)	100 mg	24%

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

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