

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.

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	25%

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

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