

Mag Glycinate features a revolutionary magnesium amino acid chelate produced by a unique, proprietary process designed to enhance absorption and intestinal tolerance. Unlike other formulations, the magnesium in Mag Glycinate:

- is absorbed via a mechanism similar to that used by amino acids and unlike typical mineral ion absorption.
- is not dependent on stomach acidity for absorption.
- improves bowel tolerance.

Magnesium is an essential mineral that acts as a cofactor in many metabolic processes, such as energy production. Magnesium also functions in muscle relaxation and nerve transmission.

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.

DIRECTIONS: Take two tablets twice daily or as directed by your healthcare practitioner.

CAUTION: Keep out of the reach of children.

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

Formulated to Exclude: Wheat, gluten, corn, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

 **Metagenics**
Genetic Potential Through Nutrition

Mag Glycinate

Highly Absorbable Magnesium

Dietary Supplement • Vegetarian

240 TABLETS

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

| | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Magnesium (as magnesium bis-glycinate ¹) | 200 mg | 50% |

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, and magnesium stearate.

Developed and Manufactured by:
METAGENICS, INC.
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¹Our proprietary fully reacted magnesium amino acid chelate, U.S. Patent No. 5,516,925 Albion®.

