

Magnesium Glycinate features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. Unlike other formulations, the magnesium in Magnesium 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.

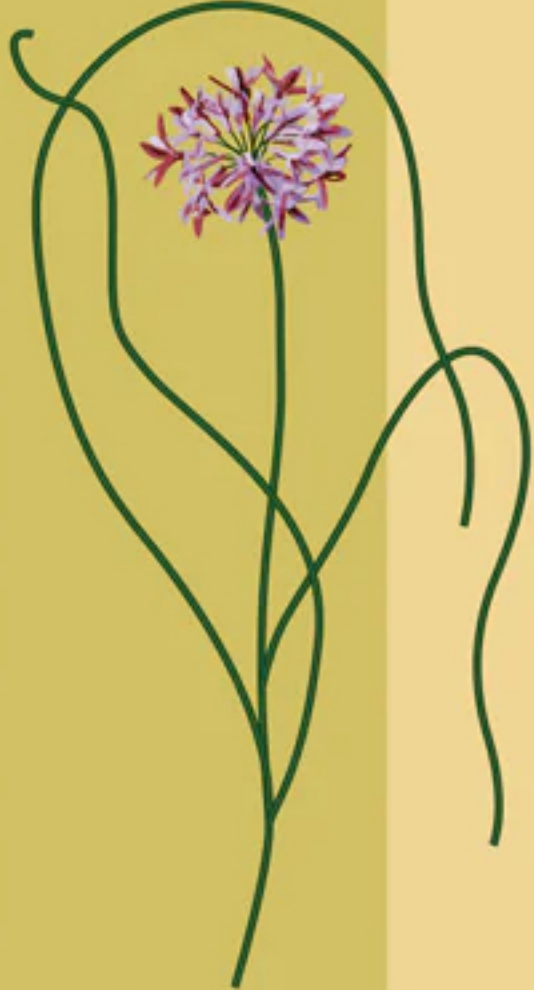
This product is non-GMO, gluten-free, and vegetarian.

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.



Magnesium Glycinate

Highly Absorbable Magnesium

Dietary Supplement

120 TABLETS

www.akashanaturals.com

Supplement Facts		
Serving Size 1 Tablet		
Servings Per Container 120		
Amount Per Serving		% Daily Value
Magnesium	100 mg	24%
(as magnesium bis-glycinate)		

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

DISTRIBUTED BY:
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To report adverse events call 866-649-4334.