

Suggested Usage: Mix 1 level teaspoon of powder into at least 6 oz. of juice or water. Take 1 to 2 times daily with food. This product must be diluted into a liquid before ingestion.

Magnesium Bisglycinate utilizes Magnesium bound to the amino acid Glycine, which facilitates intestinal absorption. Magnesium is a mineral that activates an estimated 300 enzymes, including those that regulate functions critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* In addition, Magnesium is required for fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of Calcium balance through its effects on the parathyroid gland.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet Enclosed.

Natural color variation may occur in this product.

CODE 1299 V4



Magnesium Bisglycinate Powder

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

Net Wt. 8 oz. (227 g)

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Level Teaspoon (approx. 2.5 g)
Servings Per Container about 91

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Bisglycinate) (TRAACS®)	250 mg	60%

Other ingredient: Citric Acid.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.

Store in a cool, dry place after opening.

Please Recycle.

