Magnesium Bis·Glycinate 400mg-Powder

400mg of elemental magnesium in a fully reacted bis-glycinate chelate powder that is easy-to-mix, palatable and readily titrated. Indicated for optimal absorption, those with sensitive digestive function and patients suffering from pill fatigue.

Each scoop contains:

Magnesium (TRAACS™ magnesium bis-glycinate chelate)*	400mg

220 grams powder

*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS™ and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.

Vegan. GMO, gluten, soy and dairy free.

"Pill fatigue" has become a major concern for consumers young and old. With the ever-increasing number of prescription medications and the rise of natural health products, many patients are concerned with the number of pills that they have to swallow - even if they know that each pill is beneficial for their health. This means that alternative delivery systems are being sought out for many of the popular nutrients, and **magnesium** is one mineral that the vast majority of the population could benefit from.

Magnesium is necessary for maintaining proper nerve and muscle function through its regulation of calcium, creating cellular energy in the mitochondria and also acting as a cofactor to build DNA, RNA and many proteins. Despite its vast importance, it is commonly deficient in the Canadian population due to poor diet, medication depletions and stress. Suboptimal magnesium levels create a pro-inflammatory state within the body with numerous health implications.

As more research continues to build regarding the benefits of magnesium in human health, it is difficult not to consider additional supplementation in most patients. Clinical trials and large-scale evidence has shown that magnesium can be helpful in cases of muscle tension, fatigue, mood disorders, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, cognitive impairment, osteoporosis, migraines and more.

Key points

- Provides magnesium in a fully reacted bis-glycinate chelate for improved stability and tolerability in patients with sensitive digestive tracts
- A fully reacted magnesium bis-glycinate offers superior absorption when compared to buffered chelates or magnesium salts
- Powder delivery allows an easy-to-mix alternative for patients that cannot tolerate or do not prefer pill delivery
- 400mg of elemental magnesium per scoop, readily titrated to fit your patients needs

CYTO•MATRIX™
The Science of Wellbeing

Magnesium Bis·glycinate is a form of magnesium that combines one molecule of the essential mineral with 2 molecules of the inhibitory amino acid glycine. This chelated bond is advantageous as it remains stable throughout the digestive tract, it prevents magnesium from binding with other compounds and it grants access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability in the body.

Mag Bis·glycinate Powder 400mg provides a pure, fully reacted amino acid chelate of magnesium bis-glycinate in an easy-to-mix and palatable powder to provide an alternative option for patients that do not prefer pills. This fully reacted Magnesium Bis·glycinate is designed to offer the best absorbed magnesium and the gentlest delivery for patients with sensitive digestive tracts. **Mag Bis·glycinate Powder 400mg** can be mixed in water, juice, a smoothie or your patient's favourite beverage.

Related products

Cal·Mag + D3 Liquid
Mag Sleep·Matrix
Mag Malate·Matrix
Mag·Matrix Liquid
Magnesium Bis·glycinate 80mg
Magnesium Bis·glycinate 200mg
Magnesium Bis·glycinate Liquid 300mg
Magnesium Multi·mineral
Mag·Taurine Matrix
Osteo·Matrix

Non-Medicinal Ingredients: Citric acid, silica.

Indications: A factor in the maintenance of good health. Helps in tissue formation and for maintaining proper muscle function.

Directions: Adults - Take 1/2 - 1 scoop per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken.

Known Adverse Reactions: Some people may experience diarrhoea.

CYTO•MATRIX™
The Science of Wellbeing

193182

8 71740 00097 7