

# Magnesium Bis·Glycinate

A pure, unflavoured and fully reacted chelate of magnesium bis-glycinate in a liquid delivery. 300mg of elemental magnesium per tablespoon.

Each tablespoon (15ml) contains:

Magnesium	300mg
TRAACS® magnesium bis-glycinate chelate	



\*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.

450ml bottle

Vegan. GMO, gluten, soy and dairy free.



Magnesium is one of the most important minerals for our health. It 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 for synthesizing DNA, RNA and other essential proteins. Despite its vast importance, magnesium 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 to ignore additional supplementation in most

patients. Clinical trials and large-scale evidence continue to demonstrate that magnesium supplementation can be helpful in cases of muscle tension, fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, dementia, osteoporosis, migraines and other conditions.

Magnesium Bis-glycinate is a chelated 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, preventing magnesium from binding to other compounds and granting access to dipeptide transport sites. Ultimately,

## Key points

- Provides magnesium bis-glycinate in a fully reacted amino acid chelate for improved stability, absorption and tolerability
- Liquid form for variable and convenient dosing, providing 300mg of elemental magnesium per tablespoon
- Unflavoured with minimal added ingredients for stability and antimicrobial action

this leads to greater absorption and tolerability in the body.

**Magnesium Bis-glycinate** provides a pure, fully reacted amino acid chelate of magnesium bis-glycinate, with 300mg of elemental magnesium per tablespoon. This potent magnesium bis-glycinate blend is found in liquid form for convenient dosing and it is unflavoured with minimal additional ingredients.

## Related products

Cal-Mag + D3 Liquid

Mag-Matrix Liquid

Mag Sleep-Matrix

Magnesium Bis-Glycinate 200mg

**Non-Medicinal Ingredients:** Purified water, citric acid, potassium sorbate, citrus extract

Dark specks that may form are natural and safe to consume. Please remember to shake gently before use.

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

**Directions:** Age 9 and over - Take 1 tablespoon (15ml) per day or as directed by a healthcare professional. **Shake before use. Refrigerate after opening.**

**Warnings:** Do not use if safety seal is broken.