



PATIENT INFORMATION

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# Magnesium Glycinate Complex

This product provides an easy-to-absorb, supplemental form of magnesium, a critical mineral element required as a cofactor in more than 300 enzymes. Magnesium plays a fundamental role in numerous cellular functions including energy production, skeletal and cardiac muscle function, neurochemical transmission, bone formation, insulin secretion, calcium, sodium and potassium balance, and synthesis of carbohydrates, proteins, lipids, and nucleic acids. Magnesium has numerous beneficial actions in the body, including:

- **Muscle Relaxation:** Magnesium exerts a relaxant effect on muscles by inhibiting calcium influx and smooth muscle contraction.
- **Bone Formation:** Magnesium is essential for bone matrix formation and helps maintain bone strength. Magnesium deficiency can result in low calcium and cause vitamin D abnormalities.
- **Cardiovascular Function:** Magnesium may play an important role in regulating blood pressure and cardiac rhythm and assisting cardiac muscle function.
- **Blood Sugar Metabolism:** Magnesium is involved in glucose metabolism and insulin action. More than 30% of diabetics are low in magnesium. Low levels have been linked to insulin resistance and abnormal glucose tolerance.

Many common magnesium supplements, such as inorganic magnesium salts, have limited solubility and bioavailability and may induce adverse gastrointestinal side effects including diarrhea in some individuals. In contrast, magnesium in this supplement is combined with the amino acid glycine forming magnesium bisglycinate chelate, a well-tolerated "chelated" form of magnesium that is easy to digest and absorb.

While magnesium salts must first dissociate into a free magnesium ion before it can be absorbed either through passive absorption or bound to amino acid carriers present in the diet, magnesium bisglycinate chelate contains magnesium pre-attached to an amino acid carrier. This allows it to pass readily through the intestinal epithelium. In addition, although absorption of free magnesium ion is susceptible to interference by other nutrients, absorption of magnesium bisglycinate chelate is not disrupted by other nutrients. As a natural absorptive form, magnesium bisglycinate chelate is exceptionally well-tolerated and has a very low incidence of adverse side effects.

Magnesium deficiency is common among all age groups. Food processing is a major cause of magnesium depletion. As much as 85% of the magnesium content of whole wheat is lost when refined to white flour. Deficiencies may also be caused by excessive calcium intake, moderate-to-excessive alcohol consumption, gastrointestinal disturbances such as diarrhea, kidney dysfunction, and the use of some diuretics, estrogens, and corticosteroids.

This product can be used by adults or children who wish to increase daily magnesium intake. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, yeast, and soybeans. Contains no artificial colors, flavors, or preservatives.

**Suggested Use:** 1 capsule one to three times daily.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts		
Serving Size 1 Capsule		
Servings Per Container 100		
Amount Per Capsule	% Daily Value	
Magnesium (TRAACS® magnesium bisglycinate chelate, magnesium oxide*)	100 mg	25%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, and silicon dioxide.

\*Albion® Laboratories

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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.