

# Magnesium Glycinate

## DESCRIPTION

Magnesium Glycinate, provided by Douglas Laboratories, supplies 100 mg of elemental magnesium from a magnesium glycinate/chelate complex in an easy to swallow tablet.

## FUNCTIONS

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable glycinate and chelate salts of this mineral can help bridge the gap between dietary intake and optimal requirement. Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure. †Two thirds of the body's magnesium content is located in the skeleton. Recent scientific studies show that magnesium supplementation of ovariectomized animals, a model for postmenopausal women, not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption. †

## INDICATIONS

Magnesium Glycinate may be a useful dietary adjunct for individuals wishing to supplement their diet with magnesium glycinate.

## FORMULA (#7575)

Each Tablet Contains:

Magnesium .....100 mg  
(as Magnesium Glycinate)

## SUGGESTED USE

Adults take 1-2 tablets daily with meals or as directed by physician.

## SIDE EFFECTS

No adverse side effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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**For more information on Magnesium Glycinate visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**