

Magnesium Glycinate Forte

DESCRIPTION

Magnesium Glycinate Forte, provided by Douglas Laboratories, supplies 100 mg of elemental magnesium from a magnesium glycinate/chelate complex and additional L-Carnitine, Taurine, and Co-Q10 for cardiovascular and mitochondrial support.

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 amino acid chelates 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.

Co-enzyme Q10 (ubiquinone) is an important rate limiting cofactor in the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which ATP (adenosine triphosphate) and metabolic energy are derived. Since cellular activities are dependent upon energy, co-enzyme Q10 is crucial for the efficient functioning of nearly every cell and organ, including the heart. In addition to its well-established function as a component of the mitochondrial respiratory chain, co-enzyme Q10 has in recent years acquired increasing attention with regard to its function as an antioxidant. Like the fat-soluble vitamins, the intestinal absorption of coenzyme Q10 is associated with fat absorption. Some dietary fat must be present for efficient co-enzyme Q10 absorption to occur.

Taurine is one of the most abundant free amino acids in the body. It is not incorporated into proteins, yet taurine is very important in metabolism and is present in particularly high levels in the brain, skeletal muscle, heart, and retina of the eye.

L-carnitine is necessary for fatty acid metabolism and energy production in cardiac and skeletal muscle. It is involved in fatty acid oxidation as part of the carnitine shuttle. L-carnitine shuttles fatty acids from the cytosol (the cell fluid) into the mitochondria (the cell's powerhouses) for oxidation and energy production.

INDICATIONS

Magnesium Glycinate Forte may be a useful dietary adjunct for individuals wishing to supplement their diet with magnesium, Co-Q10, Taurine and L-carnitine.

FORMULA (#7599)

2 Capsules Contain:

| | |
|---|--------|
| Magnesium | 100 mg |
| (as Magnesium Glycinate/amino acid chelate complex) | |
| Coenzyme Q10..... | 30 mg |
| L-Carnitine..... | 250 mg |
| Taurine..... | 125 mg |

Other ingredients: Cellulose, gelatin (bovine, capsule), vegetable stearate

SUGGESTED USE

Adults take 2 capsules daily with meals or as directed by your healthcare professional.

SIDE EFFECTS

No adverse side effects have been reported.

Magnesium Glycinate Forte

STORAGE

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

REFERENCES

Creedon A, Flynn A, Cashman K. The effect of moderately and severely restricted dietary magnesium intakes on bone composition and bone metabolism in the rat. *Br J Nutr* 1999;82:63-71.

Gyamlani G, Parikh C, Kulkarni AG. Benefits of magnesium in acute myocardial infarction: timing is crucial. *Am Heart J* 2000;139:703.

Kawano Y, Matsuoka H, Takishita S, et al. Effects of magnesium supplementation in hypertensive patients: assessment by office, home, and ambulatory blood pressures. *Hypertension* 1998;32:260-5.

Mizushima S, Cappuccio FP, Nichols R, et al. Dietary magnesium intake and blood pressure: a qualitative overview of the observational studies. *J Hum Hypertens* 1998;12:447-53.

Moorkens G, Manuel y Keenoy B, Vertommen J, et al. Magnesium deficit in a sample of the Belgian population presenting with chronic fatigue. *Magnes Res* 1997;10:329-37.

Ng SY. Hair calcium and magnesium levels in patients with fibromyalgia: a case center study. *J Manipulative Physiol Ther* 1999;22:586-93.

Rubenowitz E, Axelsson G, Rylander R. Magnesium and calcium in drinking water and death from acute myocardial infarction in women. *Epidemiology* 1999;10:31-6.

For more information on Magnesium Glycinate Forte visit 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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**

© 2013 Douglas Laboratories. All Rights Reserved