

## Magnesium Glycinate

### DESCRIPTION

Magnesium Glycinate supplies 100 mg of elemental magnesium in an easy-to-swallow tablet to support healthy muscle, bone, and metabolic function.‡

### INDICATIONS

- Support for muscle, bone, and metabolic function.‡

### FUNCTIONS AND MECHANISM OF ACTION

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. Two-thirds of the body's magnesium content is in the skeleton. In a clinical study, individuals who supplemented with 200-300 mg of magnesium had an increase in bone mineral density compared to control group, suggesting that magnesium plays a role in bone metabolism. In addition, animal studies show that magnesium supplementation not only supports bone formation while increasing its dynamic strength, but also balances the bone resorption process.‡

### FORMULA (#202559)

Serving Size 1 tablet

Magnesium (as magnesium glycinate) .....100 mg

Other ingredients: Hydroxypropyl methylcellulose, ascorbyl palmitate, croscarmellose sodium, silica, carnauba wax

### SUGGESTED USE

Adults take 1 tablet, 1-4 times daily with a meal or as directed by a health professional.

### STORAGE

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

### 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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