

# Product Information Sheet

Vitamins, Minerals and Multis

## Magnesium Glycinate

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### High-Strength Magnesium Glycinate Formula

Magnesium Glycinate is a high-strength magnesium formula chelated to the amino acids glycine to increase the rate and efficiency of absorption.

#### Ingredients:

**Each tablet typically contains:**

Magnesium (bisglycinate)

100 mg

#### Tableted with:

Microcrystalline cellulose

Cottonseed oil

Croscarmellose sodium

Magnesium stearate

Silicon dioxide

#### Features:

Magnesium is involved in over 200 enzymatic reactions in the body, in particular those processes involved in energy production (ie, production of ATP).

Magnesium is required for the proper functioning of nerves and muscles.

Magnesium is involved in the acid/alkaline balance of the body and in the regulation of body temperature.

Magnesium is involved in the activation of enzymes necessary for the metabolism of carbohydrates, fat and protein, and the production of hydrochloric acid.

Magnesium improves absorption and retention of calcium.

Magnesium is needed for cardiovascular health and for the regulation of heart rhythm.

**Recommendation:** 2 tablets two or three times daily with meals, or as directed.

**Caution:** None known if directions are followed.

**Product Code:** 5108

**Package Size:** 120