



Mag Glycinate

Highly Absorbable Magnesium

Form: Tablets

Flavor: no flavor

Size: 120 Tablets

Mag Glycinate features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. Unlike other formulations, the magnesium in Mag Glycinate is designed to*:

- Be absorbed via a mechanism similar to that used by amino acids and unlike typical mineral ion absorption.
- Not be dependent on stomach acidity for absorption.
- Improve bowel tolerance to magnesium.

Magnesium is an essential mineral that acts as a cofactor in many metabolic processes. Magnesium supports muscle relaxation and nervous system health.*

Ingredient	Amount Per Serving	% Daily Value
Serving Size	1 Tablet	
Servings Per Container	120	
Magnesium (as magnesium bis-glycinate)	100 mg	24%

Other Ingredients: Microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, and silica.

Directions: Take one tablet three times daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: Keep out of the reach of children.

Tamper Evident: Do not use if safety seal is missing or broken.

Storage: Keep tightly closed in a cool, dry place. **Do not refrigerate.**