

Bone Health†

Magnesium is involved in bone formation and influences the activity of osteoblasts and osteoclasts, cells responsible for the breakdown and formation of bone.¹⁷ Magnesium also impacts concentrations of parathyroid hormone and the active form of vitamin D, which are major regulators of bone homeostasis. Several population-based studies have found positive associations between magnesium intake and the state of bone strength and mineralization in men and women.¹⁸⁻¹⁹

Directions

2 or more capsules per day or as recommended by your health care professional.

Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts ^{v3}		
Serving Size 2 Capsules		
Servings Per Container 60		
2 capsules contain	Amount Per Serving	% Daily Value
Magnesium (as DiMagnesium Malate, Magnesium Citrate USP, TRAACS® Magnesium Lysinate Glycinate Chelate)	235 mg	56%

ID# 250060 60 Capsules

ID# 250120 120 Capsules

ID# 250180 180 Capsules

References

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