

## Magnesium Glycinate

### DESCRIPTION

Magnesium Glycinate supplies 120 mg of elemental magnesium in a vegetarian capsule 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 (#202733)

Serving Size 1 Vegetarian Capsule:

Magnesium (as magnesium glycinate)..... 120 mg

Other Ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Gluten-free, Non-GMO

### SUGGESTED USE

As a dietary supplement, adults take 1 capsule, 1-4 times daily or as directed by your health professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Keep out of reach of children.

### STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

### 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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