

Magnesium Glycinate Powder

HELPS TO MAINTAIN PROPER MUSCLE FUNCTION

150 G POWDER | NPN80072729 | MCP150-CN



Magnesium is an essential mineral that is needed for more than 300 biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium that is divided among the skeletal system, muscles, blood, and tissues of the body. Magnesium plays a crucial role in many aspects of health, including cardiovascular function, muscle relaxation, energy production, and bone structure and function.

Magnesium Glycinate Powder features magnesium bisglycinate chelate, a highly effective and useful form of magnesium. Each flavourless 5 gram serving (approx. 1 scoop) provides 300 mg of elemental magnesium. This product may help to promote the bioavailability of magnesium and support healthy magnesium status.

The chelated (or bound) form of magnesium in this product has less potential for unfavourable gastrointestinal (GI) complaints often associated with magnesium supplementation.

High intake of magnesium sometimes results in unpleasant GI effects, such as upset stomach or loose stools. Due to a unique patented process that forms a stable bond between magnesium and the amino acid glycine, this product is not likely to cause these unpleasant issues. The chelated form of magnesium allows large amounts to be easily absorbed, used, and retained by the body. Additionally, the mineral chelate protects magnesium from binding to substances that can impair normal absorption during digestion, allowing the body to use it more readily.

Benefits

- Supports energy production
- Supports healthy cardiovascular function
- Supports bone health
- Supports muscle relaxation

Recommended Dose

Adults and adolescents 9 years and over: Take 5 grams (approx. one scoop) of powder mixed in eight ounces of water per day, or as directed by your health care practitioner. Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

Highlights

- Provides 300 mg of elemental magnesium per serving in a highly absorbable and bioavailable form (as magnesium bisglycinate chelate)
- Features a magnesium form with less potential to cause GI complaints often associated with magnesium supplementation
- Pleasant tasting with no added flavour and is sweetened only with stevia leaf powder
- Convenient powdered delivery for serving size flexibility
- Easy to mix in water or any other beverage
- Gluten free, dairy free, soy free, non GMO

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