

Magnesium Glycinate Powder

Chelated Magnesium Bisglycinate



FOUNDATIONAL HEALTH



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, blood sugar metabolism, muscle relaxation, brain health, energy production, and bone structure and function.*

Magnesium Glycinate Powder features magnesium bisglycinate chelate, a highly effective and useful form of magnesium.* Each flavorless 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.*

Benefits*

- Supports energy production
- Supports healthy cardiovascular function
- Supports bone health
- Supports healthy blood sugar metabolism
- Supports muscle relaxation

Recommended Use

Take 5 grams (approx. one scoop) of powder mixed in 8 oz of water per day or as directed by your health-care practitioner.

The chelated (or bound) form of magnesium in this product has less potential for unfavorable 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.*

Highlights

- Provides 300 mg of 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 flavor 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