

Magnesium Glycinate Complex

Highly Bioavailable Magnesium*

A455 100 VEGETARIAN CAPSULES

Magnesium deficiency is extremely common, with around 60% of Americans not getting adequate doses from their diet.* **Magnesium Glycinate Complex** features a combination of magnesium oxide and Albion® TRAACS® magnesium bisglycinate chelate. This chelated form binds magnesium to the amino acid glycine using a patented process that creates a stable structure, which absorbs efficiently and is easy on the digestive tract. The unique structure also prevents magnesium from interacting with dietary compounds that can inhibit its absorption, making it more available for physiological function throughout the body.*



Vegetarian



Gluten-Free



Non-GMO

Magnesium is a critical micronutrient that powers so many vital processes in your body! It plays a role in 600–800 metabolic and enzymatic reactions; fueling energy production, supporting glycolysis, creating essential molecules, managing ion transport, cell signaling, and keeping DNA stable.

Key Benefits



Supports Cardiovascular Health*



Maintains Healthy Blood Vessels and Strong Bones*



Supports Energy Production*



Supports Healthy Glucose Metabolism*

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 100

	Amount Per Serving	%DV
Magnesium (as Albion® Magnesium Bisglycinate Chelate, Magnesium Oxide)	100 mg	24%

†† Daily Value (DV) not established

Other Ingredients: Methylcellulose Capsule, Microcrystalline Cellulose

Recommended Use

Take 1 capsule from 1 to 3 times daily or as directed by a healthcare professional.

Consult with your health-care practitioner about your specific circumstances and any questions you may have regarding this product.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases. For complete information, refer to the Tech Sheet and corresponding References for each product.