

# Mag Glycinate™

Highly Absorbable Magnesium

**Mag Glycinate**, available exclusively from Metagenics, is a revolutionary, fully reacted amino acid chelate produced by a unique process that is designed to enhance absorption and intestinal tolerance of magnesium.♦


- Magnesium is an essential mineral that plays a key role in many metabolic processes, such as energy production and bone mineralization.♦
- Supports muscle relaxation and nerve transmission.♦
- May help to prevent nocturnal leg muscle cramps.♦
- Unlike other formulations, the magnesium (magnesium bis-glycinate) in Mag Glycinate is absorbed via a mechanism similar to that used by amino acids; it is not dependent on stomach acid for absorption.♦

## Two tablets supply:

Magnesium (as magnesium bis-glycinate<sup>†</sup>) ..... 200 mg

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid, silica, and magnesium stearate.

**Recommendations:** Two tablets twice daily or as directed by your healthcare practitioner.

**Form:** 120 and 240 Tablet Bottles 

† Patented mineral amino acid chelate: U.S. Patent #5,516,925 **Albion**®.