

Magnesium Bis·Glycinate - 200mg

200mg of elemental magnesium per vegetable capsule in a well-absorbed and well-tolerated bis·glycinate blend.

Gluten Free

Soy Free

Dairy Free



- Provides magnesium in a blend of magnesium bis·glycinate chelate, magnesium oxide and glycine for a well-absorbed and well-tolerated magnesium delivery
- This magnesium bis·glycinate blend offers superior absorption and digestive magnesium salts
- 200mg of elemental magnesium per capsule offers a dosage that improves compliance and can be magnesium protocols

Magnesium is one of the most important minerals for our health. It is necessary for maintaining proper nerve and muscle function through its regulation of calcium, creating cellular energy in the mitochondria and also acting as a cofactor to build DNA, RNA and many proteins. Despite its vast importance, it is commonly deficient in the Canadian population due to poor diet, medication depletions and stress. Suboptimal magnesium levels create a pro-inflammatory state within the body with numerous health implications.

As more research continues to build regarding the benefits of magnesium in human health, it is difficult

not to consider additional supplementation in most patients. Clinical trials and large-scale evidence have shown that magnesium can be helpful in cases of muscle tension, fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, dementia, osteoporosis, migraines and more.

Magnesium bis·glycinate is a form of magnesium that combines one molecule of magnesium with 2 molecules of the inhibitory amino acid glycine. This chelated bond is advantageous as it remains stable throughout the digestive tract, preventing magnesium from binding with other compounds. The presence of glycine also gives the molecule access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability in the body.

Magnesium Bis·glycinate 200mg provides a blend of magnesium bis·glycinate chelate, magnesium oxide and glycine. This magnesium bis·glycinate blend is designed to offer a high-dose of elemental magnesium per vegetable capsule in a well-absorbed and well-tolerated form that is superior to magnesium salts.

Each capsule contains

Magnesium 200mg
Magnesium bis-glycinate blend (glycine, magnesium oxide,
magnesium bis-glycinate chelate)

Non-Medicinal Ingredients

Vegetable-grade magnesium stearate. Capsule:
hypromellose.

Recommended Use Claim

Helps maintain proper muscle function. Helps in
tissue formation. Helps metabolize carbohydrates,
proteins and fats.

Directions of Use

Adults - Take 1 capsule, 1-2 times per day or as
directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken.

Known Adverse Reactions

At 2 capsules per day, some people may experience
diarrhea.

Storage Conditions

Do not use if safety seal is broken.