

# Magnesium Bis-Glycinate - 300mg Full Chelate Liquid

A pure, unflavoured and fully reacted chelate of magnesium bis-glycinate in a liquid delivery. 300mg of elemental magnesium per tablespoon.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- Provides magnesium bis-glycinate in a fully reacted amino acid chelate for improved stability, absorption and tolerability
- Liquid form for variable and convenient dosing, providing 300mg of elemental magnesium per tablespoon
- Unflavoured with minimal added ingredients for stability and antimicrobial action

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 for synthesizing DNA, RNA and other essential proteins. Despite its vast importance, magnesium 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 to ignore additional supplementation in most patients. Clinical trials and large-scale evidence

continues to demonstrate that magnesium supplementation can be helpful in cases of muscle tension, fatigue, mood disorders, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular issues, osteoporosis, migraines and other conditions.

Magnesium Bis-glycinate is a chelated form of magnesium that combines one molecule of the essential mineral 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 to other compounds and granting access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability in the body.

Magnesium Bis-glycinate provides a pure, fully reacted amino acid chelate of magnesium bis-glycinate, with 300mg of elemental magnesium per tablespoon. This potent magnesium bis-glycinate blend is found in liquid form for convenient dosing and it is unflavoured with minimal additional ingredients.

## Each 15ml tablespoon contains

Magnesium ..... 300mg  
(TRAACS™ magnesium bisglycinate chelate)



\*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS™ and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.

### Non-Medicinal Ingredients

Purified water, citric acid, potassium sorbate, citrus extract.

### Recommended Use Claim

A factor in the maintenance of good health. Helps in tissue formation and to maintain proper muscle function.

### Directions of Use

Age 9 and over - Take 1 tablespoon (15ml) per day or as directed by a healthcare professional. Shake before use.

### Cautions and Warnings

Do not use if safety seal is broken.

### Storage Conditions

Do not use if safety seal is broken. Shake before use. Dark specks that may form are natural and safe to consume.