



## Mag Glycinate

### Highly Absorbable Magnesium

**Form:** Array

**Flavor:**

**Size:**

Magnesium is an essential mineral involved in over 300 chemical reactions throughout the body, contributing to a range of critical bodily functions such as supporting muscle relaxation and nervous system health.\* Around 48% of the US population does not meet the recommended intake levels of this important mineral (NHANES, 2013-2016).

**Mag Glycinate** features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance and may be absorbed more quickly than inorganic forms of magnesium.

- Magnesium glycinate is not dependent on stomach acidity for absorption
- Supports muscle relaxation and nervous system health\*
- May result in better bowel tolerance to magnesium