

Magnesium Bis-glycinate 200mg

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

Each capsule contains:

Magnesium 200mg

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



90 vegetable capsules

Gluten, soy and dairy free.

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.

Key points

- 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 tolerability when compared to magnesium salts
- 200mg of elemental magnesium per capsule offers a significant therapeutic dosage that improves compliance and can be easily adjusted for high-dose magnesium protocols

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.

Related products

Cal-Mag+1000IU Vitamin D3 Liquid
Osteo-Matrix Calcium Free
Mag-Matrix Liquid
Magnesium Sleep-Matrix
Magnesium Bis-Glycinate 300mg Liquid
Magnesium Bis-Glycinate 400mg Powder
Magnesium Bis-Glycinate 80mg
Magnesium Malate Matrix
Magnesium Multi-Mineral chelated
Magnesium Sleep-Matrix

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate.
Capsule: hypromellose.

Dark specks that may form are natural and safe to consume. Please remember to shake gently before use.

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

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

Warnings: Do not use if safety seal is broken.

Known Adverse Reactions: At 2 capsules per day, some people may experience diarrhea.