

Magnesium Glycinate liquid

For sensitive individuals; Supports cardiometabolic, neurocognitive and musculoskeletal health[‡]

INDICATIONS

- Ages 18 and up
- Metabolic energy support[‡]
- Cardiovascular and cognitive health[‡]

BENEFITS

- Supports the metabolism of carbohydrates, amino acids and fats for energy production[‡]
- Promotes healthy cardiovascular function[‡]
- Provides support for cognitive and neuromuscular function[‡]
- Helps with calcium metabolism and bone mineralization[‡]

FEATURES

- Convenient liquid delivery system
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Magnesium activates the enzymes necessary for a number of physiological functions, including neuromuscular contractions, cardiac function, and the regulation of the acid-alkaline balance in the body.¹⁻⁴ In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass.⁵ Magnesium is necessary for the metabolism of carbohydrates, amino acids and fats, as well as energy production and the utilization of calcium, phosphorus, sodium and potassium.⁶⁻¹² In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.¹³ Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.¹⁴ This vital mineral also helps utilize some vitamins, including vitamin B₆, vitamin C and vitamin E.^{15,16} Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.^{17‡}

SUGGESTED USE

As a dietary supplement, take 2 teaspoons daily, with a meal, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Magnesium is naturally derived from elemental ore
- Glycinate is synthetic

NOTES

Serving size: 2 teaspoons (10 ml/0.34 fl oz)

Servings per container: 48

480 ml (16.2 fl oz)

Order codes MGL4

Bottle size 500 ml

REFERENCES

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[‡]This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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SUPPLEMENT FACTS

2 teaspoons daily, with a meal.

Serving size: 2 teaspoons (10 ml/0.34 fl oz)

Servings per container: 48

Two teaspoons contain:

Calories	20
Total carbohydrate	2 g
Total sugars	<1 g
Sugar alcohols	0.5 g
Protein	1 g
Magnesium (as magnesium glycinate)	165 mg

Other ingredients: purified water, grape juice concentrate, malic acid, xylitol, natural glycerin, apple juice concentrate, natural pomegranate, orange and other natural flavors, potassium sorbate

Shake well before use.



Magnesium Glycinate liquid	Quantity	Order Code
	480 ml (16.2 fl oz)	MGL4

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