

# Magnesium (glycinate)

For sensitive individuals; Supports cardiometabolic, neurocognitive and musculoskeletal health<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Metabolic energy support<sup>‡</sup>
- Cardiovascular and cognitive health<sup>‡</sup>

## BENEFITS

- Well tolerated<sup>‡</sup>
- Highest dose pure magnesium glycinate per capsule\* among leading professional brands
- Supports the metabolism of carbohydrates, amino acids and fats for energy production<sup>‡</sup>
- Promotes healthy cardiovascular function<sup>‡</sup>
- Provides support for cognitive and neuromuscular function<sup>‡</sup>
- Helps with calcium metabolism and bone mineralization<sup>‡</sup>

## FEATURES

- Convenient capsule, powder and liquid delivery systems
- 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.<sup>1-4</sup> In a cross-sectional study involving 210 elderly individuals, optimal magnesium intake was associated with positive mood, lipid metabolism and lean body mass.<sup>5</sup> 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.<sup>6-12</sup> In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.<sup>13</sup> Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.<sup>14</sup> This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C and vitamin E.<sup>15,16</sup> Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium.<sup>17‡</sup>

## SUGGESTED USE

As a dietary supplement, take 1-4 capsules daily. Consume with food.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you 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
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Size 00 capsule

Bottle count 90, 180, 360

Order code MG9, MG1, MG3

Bottle size 290 cc, 20 oz, 26 oz

## REFERENCES

1. Orchard TS, et al. *Am J Clin Nutr.* 2014 Apr; 99(4): 926–933.
2. Dahle LO, et al. *Am J Obstet Gynecol.* 1995 Jul;173(1):175-80.
3. Fuentes JC, et al. *Congest Heart Fail.* 2006 Jan-Feb;12(1):9-13.
4. Minich DM, et al. *Altern Ther Health Med.* 2007 Jul-Aug;13(4):62-5.
5. Barragán-Rodríguez L, et al. *Magnes Res.* 2008 Dec;21(4):218-23.
6. Rodríguez-Morán M, et al. *Diabetes Care.* 2003 Apr;26(4):1147-52.
7. Brilla LR, et al. *J Am Coll Nutr.* 1992 Jun;11(3):326-9.
8. Galland L, et al. *Magnesium.* 1985;4(5-6):333-8.
9. Heaton RW.. *Clin. Sci.* 27: 31, 1964.
10. Hiroshi M, et al. *Jpn J Nutr Diet.* 2005. 63(1); 27-31.
11. Dørup I, et al. *J Intern Med.* 1993 Feb;233(2):117-23.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | PureEncapsulationsPro.com

Pure Encapsulations is a registered trademark.

**pure**  
encapsulations®

# Magnesium (glycinate)

For sensitive individuals; Supports cardiometabolic, neurocognitive and musculoskeletal health<sup>‡</sup>

12. Hamill-Ruth RJ, et al. *Crit Care Med*. 199 Jan;24(1):38-45.
13. He K, et al. *Circulation*. 2006 Apr 4;113(13):1675-82.
14. Ryder KM, et al. *J Am Geriatr Soc*. 2005 Nov;53(11):1875-80.
15. Lee SH, et al. *Am J Hypertens*. 2002 Aug;15(8):691-6.
16. De Souza MC, et al. *J of Women's Health & Gender-Based Medicine*. March 2000, 9(2):131-139.
17. Hans CP, et al. *Indian J Exp Biol*. 2002 Nov;40(11):1275-9.

## SUPPLEMENT FACTS

1-4 capsules daily. Consume with food.

Each (size 00) vegetarian capsule contains:

Magnesium (as magnesium glycinate) 120 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



Magnesium (glycinate)	Quantity	Order Code
	360	MG3
	180	MG1
	90	MG9

<sup>†</sup>Visit [PureEncapsulations.com](https://www.PureEncapsulations.com) for more information about our GMO policy.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



800.753.2277 | [PureEncapsulationsPro.com](https://www.PureEncapsulationsPro.com)

Pure Encapsulations is a registered trademark.

**pure**  
encapsulations®