



Magnesium Chelate Powder

Chelated Magnesium Bisglycinate



Magnesium Chelate Powder features magnesium bisglycinate chelate, one of the best-absorbed forms of magnesium. Each 5-gram serving (1 teaspoon) provides 300 mg of elemental magnesium in a great-tasting, orange-flavored powder sweetened with organic stevia leaf powder. This chelated form of magnesium has less potential for unfavorable gastrointestinal symptoms.*

Magnesium is an essential mineral that serves as an enzyme cofactor for over 300 biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium, divided among the skeleton, muscle tissue, blood, and other areas. Magnesium plays an important role in many aspects of health including cardiovascular function, blood sugar metabolism, brain health, cellular energy production, and bone formation.

Sometimes, high doses of magnesium result in unpleasant gastrointestinal (GI) effects, such as upset stomach or loose stools. Due to a patented process that forms a stable chelate structure between each magnesium ion and two molecules of the amino acid glycine, this product has a reduced chance of causing these issues. The chelated form of magnesium allows larger amounts to be more quickly absorbed and better retained by the body in comparison to many other forms. Additionally, the mineral chelate protects magnesium from binding to substances that can impair normal absorption during digestion, enhancing its bioavailability.

Benefits*

- Supports healthy cardiovascular function
- Supports bone health
- Supports healthy glucose metabolism
- Supports muscle contraction and relaxation

Highlights

- 300 mg of magnesium in a highly absorbable form
- Chelated magnesium form to reduce gastrointestinal symptoms sometimes caused by magnesium supplementation
- Great tasting, orange-flavored powder

Recommended Use

Take 5 grams (approximately 1 teaspoon) of powder mixed in 8 ounces of water per day or as directed by your health-care practitioner.

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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