



Magnesium Glycinate Complex

Chelated Magnesium Bisglycinate



FOUNDATIONAL HEALTH



Magnesium is an essential mineral that is needed for more than 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 that is divided among the skeletal system, muscles, blood, and tissues of the body. Magnesium plays a crucial role in many aspects of health, including cardiovascular function, blood sugar metabolism, muscle relaxation, brain health, energy production, and bone structure and function.*

Magnesium Glycinate features magnesium bisglycinate chelate, a highly effective and useful form of magnesium.* Each 2-capsule serving provides 300 mg of elemental magnesium. The combination of two forms of magnesium helps to promote the bioavailability of magnesium and

support healthy magnesium status.* The chelated (or bound) form of magnesium in this product has less potential for unfavorable gastrointestinal (GI) complaints often associated with magnesium supplementation.*

High intake of magnesium sometimes results in unpleasant GI effects, such as upset stomach or loose stools. Due to a unique patented process that forms a stable bond between magnesium and the amino acid glycine, this product is not likely to cause these unpleasant issues.* The buffered chelated form of magnesium allows large amounts to be easily absorbed, used, and retained by the body.* Additionally, the mineral chelate protects magnesium from binding to substances that can impair normal absorption during digestion, allowing the body to use it more readily.*

Benefits*

- Supports energy production
- Supports healthy cardiovascular function
- Supports bone health
- Supports healthy glucose metabolism
- Supports muscle relaxation

Recommended Use

Take 2 capsules per day or as directed by your health-care practitioner.

Highlights

- Provides 300 mg of magnesium per 2-capsule serving in a highly absorbable and bioavailable form (as magnesium glycinate chelate)*
- Features a magnesium form with less potential to cause GI complaints often associated with magnesium supplementation*
- Offers superior absorption in the intestine and avoids competition among other important nutrients*
- Gluten-free, dairy-free, and soy-free
- Non-GMO

*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to www.designsforhealth.com)

ZPTED MGC 9/24

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.

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*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.