



Code: 9500
Size: 5.1 oz (145 g) Powder

Magnesium Bisglycinate

Maintains Proper Muscle Function*
 Supports Energy Metabolism* • 200 mg

- Magnesium bisglycinate form is more easily absorbed than salt forms such as magnesium oxide^{1*}
- Bisglycinate chelated form is less likely to cause temporary diarrhea than salt forms^{1,2*}
- Powder form allows for easy and convenient use without food
- Non-GMO and suitable for vegetarians/vegans
- Sugar-free with pleasant taste from citric acid

PRODUCT SUMMARY

Magnesium bisglycinate is magnesium bound to the amino acid glycine. Magnesium is an important factor in routine muscle mass and repair.^{3*} It also supports healthy metabolism, the ability to derive energy from proteins, carbohydrates, and fat.^{4*} It helps maintain cardiovascular health by supporting healthy blood pressure already within the normal range, and helps maintain healthy insulin sensitivity and support plasma glucose levels already within the normal range.^{5,6*} Magnesium needs can be increased by occasional stress, a temporarily unbalanced diet, coffee, and occasional alcohol consumption.⁷

Magnesium is the fourth most common mineral ion in the body and the second most common in cells, contributing to the health of both cardiac and skeletal muscles as well as the generation of ATP.^{8,9*} It also contributes to nerve impulse transmission and bone mineralization.^{10,11*} Magnesium may help maintain healthy muscle function throughout the lifespan, supporting healthy aging.^{12*} The bisglycinate form is more efficiently absorbed than the more common oxide form.¹



MAGNESIUM BISGLYCINATE

MAINTAINS PROPER MUSCLE FUNCTION* · SUPPORTS ENERGY METABOLISM* · 200 MG

Supplement Facts

Serving Size 1 Scoop (2.9 g)
Servings Per Container approx. 50

	Amount Per Serving	% Daily Value
Magnesium (Bisglycinate)	200 mg	48%

Other ingredients: Citric acid.

Suggested Usage: Mix 1 scoop (approx. 2.9 g) into water or juice once per day or as directed by a health care professional.

Magnesium activates an estimated 300 enzymes, including those that regulate functions critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* Magnesium bisglycinate is easy on the stomach as it does not require stomach acidity to be absorbed.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Drug Interactions: When taken together, magnesium can decrease the absorption of levodopa/carbidopa,¹³ quinolone antibiotics,¹⁴ and tetracycline antibiotics,¹⁵ and can increase the absorption of sulfonylureas.¹⁶ Magnesium levels may be depleted by aminoglycoside antibiotics¹⁷ amphotericin B,¹⁸ cyclosporine,¹⁹ digoxin,²⁰ potassium-wasting diuretics, oral contraceptives,²¹ foscarnet,²² sodium phosphates,²³ tacrolimus,²⁴ and proton-pump inhibitors.⁹

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

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14224 167th Ave. SE,
Monroe WA, USA 98272
bioclinicnaturals.com

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Head office Assured Natural Distribution Inc., 104 - 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer service 1-877-433-9860 · Fax 1-877-433-9862 · Email customersupport@bioclinicnaturals.com