



Magnesium Bisglycinate

Helps Maintain Bone and Muscle Function · 200 mg

- Magnesium bisglycinate form is more easily absorbed than salt forms such as magnesium oxide
- Bisglycinate chelated form is less likely to cause laxative effects than salt forms
- Vegetarian capsules provide 200 mg of elemental magnesium per capsule
- Non-GMO and suitable for vegetarians/vegans

Code: 9255 **NPN:** 80075249
Size: 120 Vegetarian Capsules
Actual Size: 23.02 mm x 8.38 mm



PRODUCT SUMMARY

Magnesium helps maintain proper muscle function and bone health. It also supports metabolism, the ability to derive energy from proteins, carbohydrates, and fat. The body's magnesium needs can be increased by stress, an unbalanced diet, coffee and alcohol consumption, and certain medications such as proton-pump inhibitors. As a result, it can be difficult to meet the body's daily magnesium needs through diet alone.

In a randomized, controlled trial, healthy older women were assigned to the treatment group receiving 300 mg of magnesium daily or to a control group. After 12 weeks, the treatment group had significant improvements in physical performance compared to the control group. The authors concluded that supplementation may have a role in preventing age-related physical decline. A double-blind, placebo-controlled trial found that supplementation with 300 mg of magnesium bisglycinate daily for four weeks decreased the frequency and intensity of pregnancy-induced leg cramps. Magnesium is an important factor in muscle mass and repair and has been shown to relieve muscle cramps of various causes. Magnesium is also an important factor for maintaining bone health. Multiple systematic reviews have found a higher intake of magnesium to be associated with both a higher bone mineral density as well as a lower risk of fracture among older adults.



MAGNESIUM BISGLYCINATE

HELPS MAINTAIN BONE AND MUSCLE FUNCTION · 200 MG

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 120

Each Vegetarian Capsule Contains:

Magnesium 200 mg
[Magnesium Bisglycinate Blend (magnesium bisglycinate, magnesium oxide, glycine)]

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica.

Recommended Adult Dose: 1 capsule per day or as directed by a health care practitioner.

Recommended Use: Helps maintain normal muscle function, including the heart muscle. Helps in tissue formation and in the development and maintenance of bones and teeth. Helps maintain the body's ability to metabolize nutrients.

Caution: Keep out of reach of children.

Contraindications: None known, though medical supervision is needed for individuals with renal disease.

Drug Interactions: When taken together, magnesium can decrease the absorption of levodopa/carbidopa, quinolone antibiotics, and tetracycline antibiotics, and can increase the absorption of sulfonylureas. Magnesium levels may be depleted by aminoglycoside antibiotics, amphotericin B, cyclosporine, digoxin, potassium-wasting diuretics, oral contraceptives, foscarnet, sodium phosphates, tacrolimus, and proton-pump inhibitors.

Contains no artificial colours, 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.

References available at bioclinicnaturals.com



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Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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