

Magnesium (glycinate)

HIGHLY BIOAVAILABLE MAGNESIUM FORMULA

GENTLE ON THE STOMACH

Magnesium is an essential mineral supporting over 300 enzymatic reactions in the body. Suboptimal magnesium levels can occur after the loss of fluids, including prolonged sweating, making it a valuable supplement for those who take part in intense exercise or are looking to optimize athletic performance. Magnesium glycinate is a highly bioavailable magnesium chelate that is gentle on the stomach.

Pure Encapsulations Magnesium (glycinate) provides 120 mg of magnesium glycinate per capsule and helps to:

- Support proper muscle function, including the heart muscle
- Maintain healthy bones and teeth
- Aid normal electrolyte balance
- Support the body's ability to metabolize nutrients
- Assist energy metabolism and tissue formation

Good for those who are looking to support **energy production.**



Formula

Adults: Take 1-4 capsules daily with meals or as directed by a healthcare practitioner.

Each capsule contains

Magnesium (magnesium bisglycinate) **120 mg**
 Vitamin C (ascorbyl palmitate) **4.3 mg**

Non-medical ingredients: Vegetarian capsule (hypromellose, water).



Magnesium (glycinate)	Quantity	Order Code	NPN	UPC
	180	MG1C-C	80015993	766298010014

Support your body's energy production with 1-4 capsules daily.

Visit AtriumPro.ca/magnesium-glycinate-180-ca.html

Looking to further support energy metabolism, consider adding **B-Complex Plus** to your supplement routine.



PEC-MG1C-0723

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The Research

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.¹⁻⁴ 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.⁵⁻¹¹ In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization.¹² Magnesium is an essential bone matrix mineral that promotes healthy bone metabolism. A large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups.¹³ This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C and vitamin E.^{14,15} As magnesium regulates calcium channels, it may have an important role in controlling cramping. Several clinical trials have found that magnesium supports muscle function during intense exercise and helps to lessen nighttime leg cramps. Magnesium glycinate is less likely to cause loose stools than other forms of magnesium.¹⁶



REFERENCES

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