

Magnesium Bis-glycinate Full Chelate

80mg of elemental magnesium in a fully reacted bis-glycinate chelate. For optimal absorption and for patients with sensitive digestive function.

Each capsule contains:

Magnesium	80mg
TRAACS® magnesium bis-glycinate chelate*	

90 vegetable capsules



*Mineral chelate supplied by Albion Laboratories, Inc. TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 7,838,042.

Vegan. GMO, gluten, soy and dairy free.



Magnesium is one of the most important minerals for our health. It is necessary for maintaining proper nerve and muscle function through its regulation of calcium, creating cellular energy in the mitochondria and also acting as a cofactor to build DNA, RNA and many proteins. Despite its vast importance, it is a common deficiency in the Canadian population due to poor diet, medication depletions and stress. Suboptimal magnesium levels create a pro-inflammatory state within the body with numerous health implications.

As more research continues to build regarding the benefits of magnesium in human health, it is difficult not to consider additional supplementation in most patients. Clinical trials and large-scale evidence has shown that magnesium can be helpful in cases of muscle tension, fatigue, anxiety, depression, insomnia, attention-deficit hyperactive disorder (ADHD), cardiovascular disease, dementia, osteoporosis, migraines and more.

Magnesium Bis-glycinate is a form of magnesium that combines one molecule of magnesium with 2

Key points

- Provides magnesium in a fully reacted bis-glycinate chelate for improved stability and tolerability in patients with sensitive digestive tracts
- A fully reacted magnesium bis-glycinate offers superior absorption when compared to buffered chelates or magnesium salts
- 80mg of elemental magnesium per capsule

molecules of the inhibitory amino acid glycine. This chelated bond is advantageous as it remains stable throughout the digestive tract, preventing magnesium from binding with other compounds. The presence of glycine also gives the molecule access to dipeptide transport sites. Ultimately, this leads to greater absorption and tolerability in the body.

Mag Bis-glycinate Full Chelate provides a pure, fully reacted amino acid chelate of magnesium bis-glycinate. This magnesium bis-glycinate is designed to offer the best absorbed magnesium and the gentlest delivery for patients with sensitive digestive tracts.

Related products

Cal·Mag+1000IU Vitamin D3 Liquid
Osteo·Matrix Calcium Free
Mag·Matrix Liquid
Magnesium Sleep·Matrix
Magnesium Bis·Glycinate 300mg Liquid
Magnesium Bis·Glycinate 400mg Powder
Magnesium Bis·Glycinate 80mg
Magnesium Malate Matrix
Magnesium Multi·Mineral chelated

Non-Medicinal Ingredients: Vegetable-grade stearate. Capsule: hypromellose.

Indications: A factor in the maintenance of good health. Helps in tissue formation and the maintenance of proper muscle function.

Directions: Adults - Take 1-3 capsules per day or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken.



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