



Genetic Potential Through Nutrition

**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.*

Mag Glycinate

120 Tablets

Highly Absorbable Magnesium

Serving Size:

1 Tablet

Ingredient	Amount	Daily Value
Magnesium (as magnesium bis-glycinate)	100 mg	25%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and magnesium stearate (vegetable).

Directions: Take one tablet three times daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten free, and vegetarian.

Caution: Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place. **Do not refrigerate.**

Mag Glycinate is designed to enhance absorption and intestinal tolerance of magnesium.*

Benefits:

Supports muscle relaxation and nervous system health*

May help to prevent nocturnal leg muscle cramps*

Unlike other formulations, magnesium bis-glycinate is absorbed via a mechanism similar to that used by amino acids; it is not dependent on stomach acid for absorption*

