

Magnesium Glycinate

Capsules

DESCRIPTION

Magnesium Glycinate Capsules feature the most rapidly absorbed salt of magnesium, in an easy-to-use capsule formulation.

FUNCTIONS

Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzyme pathways require magnesium as a cofactor. When complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes, glycolysis, formation of c-AMP, energy dependent membrane transport, transmission of genetic code for protein synthesis and muscle function. To phrase it more specifically, magnesium can be recommended as a laxative, for various cardiovascular diseases, diabetes, fatigue, fibromyalgia, migraine, osteoporosis, restless leg syndrome, insomnia, and for increased energy and stamina in athletes.

It is estimated that a significant portion of the American population is deficient in magnesium. Low levels of magnesium can be caused by gastrointestinal or renal loss due to incomplete reabsorption. Other causes of magnesium loss can be from excessive intake of alcohol, sugar, fiber, caffeine and laxatives. Many medications create a depletion of magnesium including oral contraceptives, estrogens, loop diuretics, thiazide diuretics, digoxin, tetracycline and several other antibiotics. In fact, many of the common adverse effects seen with these medications correspond with the symptoms of magnesium depletion. These include muscle cramps, weakness, insomnia, gastrointestinal disorders, osteoporosis, irritability, anxiety, confusion and depression. The recommended daily allowances for magnesium are 410-420 mg/day for men and 310-360 mg/day for women.

INDICATIONS

Magnesium Glycinate Capsules may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium.

FORMULA (WW #10376)

Three Vegetarian Capsules Contain:

Magnesium

(as TRAACS® magnesium glycinate)*..... 400 mg

Other Ingredients: Cellulose, water (capsule), vegetable stearin, magnesium stearate, silica and cellulose.

This product contains NO sugar, salt, dairy, soy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

SUGGESTED USE

As a dietary supplement, adults take 3 vegetarian capsules daily, or as directed by a healthcare professional.

POSSIBLE SIDE EFFECTS

Diarrhea, drowsiness, weakness, lethargy

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

*Manufactured by Albion Laboratories, the world leader and innovator in mineral amino acid chelate nutrition. The company's products, including their TRACCS® premium chelated minerals, have been featured in numerous research and clinical studies. TRACCS® is a registered trademark of Albion Laboratories.

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.