

# Magnesium Glycinate Powder

1000 mg



## DESCRIPTION

Magnesium Glycinate Powder 1000mg/scoop features the most rapidly absorbed salt of magnesium, in an easy to use, water soluble powder.

## 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 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 410-420mg/day for men and 310-360mg/day for women.

## INDICATIONS

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

## FORMULA (WW #10343)

### One Scoop Contains:

Magnesium Glycinate .....1000mg

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

## SUGGESTED USE

As a dietary supplement, adults take ½-1 scoop at bedtime or as directed by a healthcare professional.

## SIDE EFFECTS

Diarrhea, drowsiness, weakness, lethargy.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children. If pregnant or nursing, consult with a healthcare professional before taking this product.

Manufactured For:

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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.