

Magnesium Glycinate

500 mg Capsules



Recommended by
Angie Svoboda, Pharm D.

DESCRIPTION

Magnesium Glycinate 500 mg capsules feature the most rapidly absorbed salt of magnesium, in an easy-to-use high-dose capsule formulation. Capsules can be swallowed, or the capsules can be opened and the contents dissolved in water for administration.

FUNCTIONS

Magnesium plays an essential role in a wide range of fundamental cellular functions. 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 several essential biological processes. Clinically, magnesium can be recommended as a laxative, for various cardiovascular diseases, diabetes, fatigue, fibromyalgia, migraine, osteoporosis, restless leg syndrome, insomnia, and for increased 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, 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 500 mg capsules may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium.

FORMULA (WW #10400)

1 Capsule Contains:

Magnesium glycinate 500 mg
(providing 75 mg of elemental Mg)

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

SUGGESTED USE

As a dietary supplement, adults take 1 capsule 1-2 times daily, or as directed by a healthcare professional.

Capsules may be opened and dissolved into water.

SIDE EFFECTS

Possible side effects include diarrhea, drowsiness, weakness and lethargy.

STORAGE

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

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.

Manufactured For:

Good Life Pharmacy

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