



Magnesium Bisglycinate Pro -200

Gentle Formula - Optimum Absorption

Magnesium Bisglycinate is a chelated form of magnesium bonded to the amino acid *Glycine*. This unique bond facilitates easy absorption and utilization of magnesium. Additionally, glycine has several benefits for the body.

- Glycine supports relaxation, helping to calm the nervous system and promote restful sleep. Additionally, glycine also aids in relaxing smooth muscles relieving constipation
 - Glycine supports the production of glutathione, which is a powerful antioxidant that helps protect the body against cellular damage
 - Glycine has a broad spectrum of anti-inflammatory properties
 - Glycine supports the production of collagen, which is essential for healthy skin, hair, nails and joints
-

Magnesium is an essential mineral involved in over 300 biochemical functions

- Magnesium **supports electrolytes** and **mineral balance**, helps conduct electrical impulses, and maintains nerve function and muscle contractions. Magnesium also regulates the movement of other electrolytes, such as calcium and potassium, into and out of cells
 - Magnesium aids **cellular metabolism** and **energy production** by breaking down glucose for energy. It plays a vital role in the production and utilization of ATP, the primary energy source in the body. Magnesium helps break down carbohydrates, fats, and proteins, and regulates insulin sensitivity
 - Magnesium is crucial for **strong bones, joints, and teeth**. It helps the body to absorb calcium, increases the production of collagen and other proteins, and promotes proper bone development. Magnesium enhances bone density and strength while supporting joint health and flexibility
 - Magnesium is necessary for **muscle strength, nerve function, and heart rate regulation**. It enables muscles to contract and relax, helps nerves transmit signals, and regulates heart rate by stimulating the release of calcium and potassium
 - Magnesium Bisglycinate supports **nervous system**, reduces stress and anxiety, and promotes restful sleep. It may also help alleviate symptoms of restless leg syndrome, which can disrupt sleep. Research has linked low magnesium levels to reduced activity of GABA receptors, which can cause sleep disturbances and anxiety
-

