

# Magnesium Glycinate Complex



## Clinical Applications

- Bone Health.\*
- Cardiovascular Support.\*
- Helps with Nutrient Utilization.\*

Magnesium helps convert carbohydrates, protein, and fats to energy, acts as a catalyst in thousands of enzymatic processes, regulates and maintains vascular tone, opposes calcium deposition into soft tissue, and is critical to proper bone formation. It regulates calcium and potassium metabolism, facilitates muscle constriction and relaxation, and assists in nerve transmission and conduction. For optimal absorption, this formulation uses magnesium combined with amino acid glycine to create a unique chelated compound that is highly bioavailable and well tolerated by even the most sensitive individuals.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

**Magnesium glycinate** (also known as magnesium bisglycinate or magnesium diglycinate) is a type of magnesium salt, or amino acid chelate, that is created by combining magnesium with an amino acid called glycine. Therefore, it is considered as a highly absorbable and bioavailable form of magnesium<sup>1,2</sup>.

Amino acids are the basic building blocks of proteins, and they are essential not only for a healthy body but for life itself. We simply could not exist without them—they ensure our survival and play an integral role in all cellular processes. Scientists have discovered over 500 different amino acids in nature; however, the human body only requires twenty of them for human cellular function<sup>3</sup>. These twenty amino acids are referred to as the *standard amino acids*<sup>4</sup>.

The human body can naturally produce half of the standard amino acids—the other half, called the *essential amino acids*, must be acquired through the diet. Glycine is classified as a *non-essential amino acid* since the body naturally produces it; however, research shows that the amount of glycine produced by the body is not sufficient enough to keep up with metabolic demands<sup>5</sup>; therefore, oral supplementation or eating foods rich in glycine might be warranted.

Glycine is the smallest amino acid, so small that it can squeeze through the tiniest spaces<sup>4</sup>. It plays a major role in collagen and elastin formation<sup>6</sup>, as well as bile acid function. Interestingly, it also acts as a neurotransmitter in the central nervous system<sup>7</sup>. A chronic glycine deficiency can result in impairment of growth, immune and nervous system function, and nutrient metabolism<sup>8</sup>.

Of the total amino acid content in the human body, 11.5% of it is glycine. This amino acid plays a pivotal role in nutrition and metabolism.<sup>9</sup>

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

Amount Per Capsule	% Daily Value
Magnesium (TRAACS® magnesium bisglycinate chelate, magnesium oxide†)	100 mg 24%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), magnesium stearate, and silicon dioxide.

### Suggested Use

1 capsule, 1 to 3 times daily or as directed by a healthcare professional.

### Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, soybeans, and yeast. Contains no artificial colors, flavors, or preservatives.

### Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. 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.

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