murray avenue apothecary

LabNaturals, Inc.

Holistic Health Apothecary

FOUNDATIONAL HEALTH

Elemental Magnesium Chelate

Chelated Magnesium Bisglycinate

Elemental Magnesium Chelate features magnesium bisglycinate, a highly effective and useful form of magnesium.
Each 2-tablet serving provides 200 mg of elemental magnesium. This chelated (or bound) form of magnesium has less potential for unfavorable gastrointestinal (GI) symptoms often associated with magnesium supplementation.* High intake of magnesium sometimes results in unpleasant GI effects, such as upset stomach or loose stools. Due to a unique patented process that forms a stable bond between each magnesium ion and two molecules of the amino acid glycine, this product is not likely to cause these unpleasant issues.*

Magnesium is an essential mineral that serves as a nutrient cofactor for more than 300 biochemical reactions in the body. The need for magnesium throughout the body is reflected in the fact that the adult human body contains a hefty 25 grams of magnesium that is divided among the skeleton, muscle, blood, and other tissues. Magnesium plays a crucial role in many aspects of health, including cardiovascular function, blood sugar metabolism, brain health, cellular energy production, and bone structure and function.*

The chelated form of magnesium allows large amounts to be easily absorbed and retained by the body, helping to support magnesium status. Additionally, the mineral chelate protects magnesium from binding to substances that can impair normal absorption during digestion, enhancing its bioavailability in desired tissues and organs.*

Benefits*

- Supports healthy cardiovascular function
- Supports bone health
- Supports healthy glucose metabolism
- Supports muscle contraction and relaxation

Recommended Use

Take 2 tablets twice per day or as directed by your health-care provider.

Highlights

- 200 mg of magnesium per 2-tablet serving in a highly absorbable stable chelated form (as magnesium bisglycinate chelate)
- Chelated magnesium form with less potential to cause GI symptoms sometimes caused by magnesium supplementation
- Offers superior absorption in the intestine and avoids competition among other nutrients