BISGLYCINATE + OXIDE BLEND

Magnesium Glycinate

200 mg elemental magnesium per capsule.

A balanced magnesium bisglycinate and magnesium oxide formula for muscle function and everyday mineral support.



200 mg	2	120
ELEMENTAL MAGNESIUM	MAGNESIUM FORMS	VEGETARIAN CAPSULES

Non-GMO | Gluten-free | Soy-free | Dairy-free | Vegan

A balanced blend, clearly identified.

Magnesium Glycinate combines bisglycinate and oxide to provide 200 mg of elemental magnesium per capsule, supporting normal muscle function and energy metabolism.

Medicinal ingredients

PER CAPSULE

INGREDIENT	FORM	AMOUNT
Magnesium	Magnesium bisglycinate + magnesium oxide	200 mg

Non-medicinal ingredients: Hypromellose (capsule).

Elemental amount

200 mg refers to elemental magnesium, supplied by the two listed forms.

Everyday mineral support

Magnesium contributes to normal muscle and nerve function and energy metabolism.

Clinical research with Integrity.

A closer look at the science and formulation behind Magnesium Glycinate.

01 Muscle + nerve function

Magnesium participates in neuromuscular signalling, muscle contraction and the regulation of ion movement across cell membranes.[1]

02 Energy metabolism

Magnesium is involved in more than 300 enzyme systems and is required for normal energy production, including processes involving ATP.[1]

03 Form + tolerability

A human study compared magnesium diglycinate and magnesium oxide in patients with ileal resection.[2]

This formula combines both forms; results for a particular salt do not directly test this blend.

04 Bone + vitamin D

Magnesium contributes to bone structure and participates in the metabolism and function of vitamin D.[1,3]

Its nutritional role complements calcium and vitamin D in comprehensive care.

200 mg
ELEMENTAL MAGNESIUM

Two forms. One defined elemental amount.

Magnesium bisglycinate and magnesium oxide, supplied in a 120-capsule bottle.

Research context: Research evaluates different magnesium salts, doses and populations. These findings describe magnesium physiology or other preparations, rather than a clinical trial of this finished blend.

Selected references

CLICK A REFERENCE TO OPEN THE SOURCE

1. NIH Office of Dietary Supplements. Magnesium: Health Professional Fact Sheet.

2. Schuette SA et al. Magnesium diglycinate vs magnesium oxide after ileal resection. JPEN. 1994;18:430-435. doi:10.1177/0148607194018005430.

3. Uwitonze AM, Razzaque MS. Magnesium in vitamin D activation and function. J Am Osteopath Assoc. 2018;118:181-189. doi:10.7556/jaoa.2018.037.