NutriDyn®

Magnesium Glycinate

Chelated Magnesium for Healthy Muscle, Bone, Cardiovascular, and Nervous System Support♦

The new and improved Magnesium Glycinate is a dietary supplement formulated with highly absorbable chelated magnesium, as patented TRAACS™ (magnesium lysinate glycinate chelate), and added malic acid for additional health benefits.♦

Magnesium is one of the most abundant essential minerals in the human body and a key cofactor for more than 300 biological processes, especially for healthy muscular contraction, cardiovascular function, nervous system function, bone mineralization, and healthy blood sugar balance.♦[1]

The USDA estimates that as few as 1 out of every 3 adults in the U.S. meet the recommended daily intake of magnesium.[2] Deficiency can significantly increase the risk of muscular weakness and impaired contractile force, low bone mineralization, electrolyte imbalance, and neurodegenerative complications.

How Magnesium Glycinate Works

Research demonstrates that chelated magnesium is one of the most absorbable forms of supplemental magnesium. The updated formula now contains even more chelated magnesium, promoting optimal magnesium-dependent health benefits throughout the body.♦[3] This includes proper absorption and utilization of calcium and vitamin D3, both of which are integral to a multitude of physiological processes and overall well-being, particularly bone mineralization, muscle function, and cardiovascular health.♦[4]

Neuropharmacological research has shown that magnesium deficiency is strongly correlated with feelings of anxiety and even panic attacks.[5] It appears that magnesium deficiency dysregulates the hypothalamic-pituitary-adrenal axis—the primary glands responsible for producing stress hormones (i.e., catecholamines).

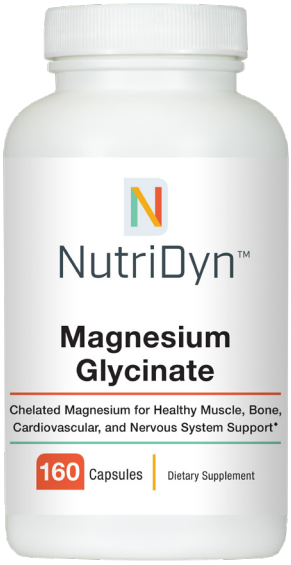
Clinical research also shows healthy magnesium levels promote normal cortisol rhythms, thereby supporting relaxation, healthy sleep-wake cycles, and support for healthy blood sugar balance.♦[6,7]

The updated formula has added malic acid to support healthy muscles and promote post-exercise recovery.♦ Clinical research shows malic acid supports cellular energy and promotes endurance during athletic performance.♦[8]

Magnesium Glycinate Supplementation

Clinical research cited herein suggests the benefits of Magnesium Glycinate supplementation may include:

- Supports healthy muscle function and recovery♦
- Supports healthy bone mineralization♦
- Supports healthy cardiovascular function♦
- Supports the nervous system and relaxation♦
- Support for healthy blood sugar levels already in the healthy range♦



Form: 160/320 Capsules

Serving Size: 2 Capsules

Ingredients	Amount	%DV
Magnesium (as di-magnesium malate and magnesium lysinate glycinate chelate) (TRAACS™)	260 mg	62%
Malic Acid (as di-magnesium malate)	828 mg	**

Other Ingredients:
Hypromellose, vegetable magnesium stearate, silicon dioxide.

TRAACS™ is a trademark of Balchem Corp. or Albion Labs.

Directions:
Take two capsules twice daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

GLUTEN-FREE DAIRY-FREE VEGETARIAN

GMO NON-GMO

cGMP PRODUCED IN A cGMP FACILITY

♦ 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.

References

For more information, visit: ***www.nutridyn.com***

References:

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