NutriDyn

Magnesium Glycinate

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

Magnesium Glycinate is a natural dietary supplement formulated with highly absorbable chelated magnesium, as patented TRAACS® (Magnesium Lysinate Glycinate Chelate).♦

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. meets the recommended daily intake (RDI) of magnesium, which is 420 mg.[2] Magnesium 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, helping to restore a healthy magnesium status in adults and thus support magnesium-dependent functions all throughout the body.♦[3]

Magnesium works through many mechanisms to support a myriad of processes throughout the body.♦ One mechanism is by helping your body properly absorb and utilize both calcium and vitamin D3, both which are integral to a multitude of physiological processes and overall well-being, particularly bone mineralization, muscle function, and cardiovascular health.♦[4]

Furthermore, recent 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 (HPA) axis—the primary glands responsible for producing stress hormones (i.e. catecholamines).

In line with these findings, clinical research has shown that healthy magnesium levels in the body help promote normal cortisol rhythms, thereby supporting relaxation, healthy sleep-wake cycles, and support for healthy blood sugar balance.♦[6,7]

Magnesium Glycinate Supplementation

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

- Supports muscle function♦
- 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	150 mg	36%
(as TRAACS® magnesium lysinate glycinate chelate)		

Other Ingredients:
Vegetable capsule (hydroxypropyl methylcellulose), vegetable magnesium stearate.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

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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7. Nielsen, F. H., Johnson, L. K., & Zeng, H. (2010). Magnesium supplementation improves indicators of low magnesium status and inflammatory stress in adults older than 51 years with poor quality sleep. *Magnesium Research, 23*(4), 158-168.