

Product Information Sheet

Product Name	NOW Supplements, Magnesium Glycinate 100 mg, Highly Absorbable Form, 180 Tablets
Brand	NOW Supplements
Vendor SKU	1289
UPC	733739012890
GTIN	30733739012891
Country of Origin	US
Serving Size	2 Tablets
Unit Count	180
Directions	Take 2 tablets 1 to 2 times daily with food. Store in a cool, dry place after opening.
Ingredients	Supplement Facts Serving Size: 2 Tablets Servings Per Container: 90 Description Amount per Serving % Daily Value Magnesium (elemental) (from 2,000 mg Magnesium Bisglycinate) (Albion®) 200 mg 48% Other Ingredients: Citric Acid, Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Silicon Dioxide and Vegetarian Coating [hypromellose (cellulose), stearic acid (vegetable source), sunflower lecithin, triethyl citrate, sunflower oil]. Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Albion® and the Albion Gold Medallion design are trademarks of Balchem Corporation or its subsidiaries. Natural color variation may occur in this product. Made and quality tested in the USA with globally sourced ingredients. Store in a cool, dry place after opening. Family owned since 1968. This bottle is made from 100% PCR (post-consumer recycled) resin.

Product Description	Highly Absorbable Form Supports Healthy Muscle, Nerve & Heart Functions* Magnesium glycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.* Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the processes that require magnesium are fat and protein production, as well as glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.* Natural color variation may occur in this product.
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