

## NY4178 Natural Vitality Calm Magnesium Glycinate

### OVERVIEW:

Natural Vitality Magnesium Glycinate Capsules provide a highly bioavailable and gentle form of magnesium to support everyday wellbeing. Formulated using pure magnesium glycinate only, this supplement avoids the use of magnesium oxide, which is commonly added to boost headline strength but is less readily absorbed. Although the elemental magnesium content may appear lower than some high-strength alternatives, magnesium glycinate is well absorbed and kind to the stomach, helping the body make better use of the magnesium provided.

### KEY INGREDIENTS & BENEFITS:

Magnesium (from Magnesium Bisglycinate): Contributes to normal muscle function, normal functioning of the nervous system, and energy metabolism.

Magnesium Glycinate Chelate: A gentle, well-absorbed form of magnesium, suitable for those sensitive to harsher forms.

Suitable for vegetarian and vegan lifestyles.

### DIETARY:

Vegan

Vegetarian

Dairy Free

Wheat Free

### ALLERGENS:

None.

### ADDITIONAL INFORMATION:

For adults, take 3 capsules daily, preferably with a meal. Do not exceed the stated dose.

Each daily serving provides 2666mg Magnesium Glycinate, supplying 325mg elemental magnesium (87% NRV).

Packaging is recyclable.

Manufactured under GMP standards to ensure quality and consistency.