



# Magnesium Bisglycinate with Malic Acid

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

## Magnesium Bisglycinate with Malic Acid

The new and improved Magnesium Bisglycinate with Malic Acid is a dietary supplement formulated with highly absorbable chelated magnesium 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. <sup>1</sup>

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

Clinical research cited herein suggests the benefits of Magnesium Bisglycinate with Malic Acid 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 a healthy range

## How Magnesium Bisglycinate with Malic Acid 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. <sup>3</sup> 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. <sup>4</sup>

Neuropharmacological research has shown that magnesium deficiency is strongly correlated with feelings of anxiety and even panic attacks.<sup>5</sup>



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## How Magnesium Bisglycinate with Malic Acid Works Continued

It appears that magnesium deficiency dysregulates the hypothalamic-pituitary-adrenal axis, the primary system 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. <sup>6,7</sup>

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. <sup>8</sup>

# Product Information

One Capsule provides:

		%NRV*
Magnesium (from Magnesium Bisglycinate (TRAACS™) and Magnesium Malate)	310 mg	83%

\*NRV means Nutrient Reference Value  
mg - milligram

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**Ingredients:** Magnesium (as magnesium bisglycinate and magnesium malate)  
Capsule: Hydroxypropyl methylcellulose, Anti-caking agents: Vegetable magnesium stearate, Silicon dioxide.

**Directions for Adults:** Take one capsule daily with food. Do not exceed recommended intake. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.

**Caution:** If you are pregnant or breastfeeding, consult your healthcare provider before use. Keep out of sight and reach of young children. Safety sealed with child-resistant cap and inner freshness seal. Store in a cool, dry place

### References:

1. Maathuis FJ. *Curr Opin Plant Biol.* 2009;12(3):250-258.
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3. Schuette SA et al. *J Parenter Enteral Nutr.* 1994;18(50):430-435.
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6. Cinar V et al. *Biol Trace Elem Res.* 2008;121(3):215-220.
7. Nielsen FH et al. *Magnesium Res.* 2010;23(4):158-168.
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