

Magnesium Glycinate

CALMING MINERAL SUPPORT

MethylPro®'s Magnesium Glycinate is a bioavailable form of magnesium that supports restful sleep and a relaxed mood. This essential mineral has a wide range of biological functions including a role as cofactor for several enzymes in healthy methylation reactions, including as a cofactor for the COMT enzyme, involved in normal neurotransmitter breakdown. People with sensitivity to magnesium citrate may tolerate magnesium glycinate. A significant percentage of the population struggles to get enough magnesium in their diet.

- **Sleep Well:** Magnesium supports normal levels of calming GABA and normal muscle contraction leading to a restful night.*

- **Healthy Stress**

Response: Magnesium supports calm via its action on several key mediators of the physiological stress response and is involved as a cofactor in the breakdown of stress responsive catecholamine neurotransmitters.*

- **Calm Cortisol:** Magnesium affects neurotransmission in a way that calms the cortisol response.*



Suggested Uses

HEALTHY STRESS RESPONSE

Magnesium is an important mineral in our stress response, promoting a calm relaxed sense of being and restful sleep. Magnesium is a cofactor for several biochemical pathways supporting normal neurotransmitter pathways including the COMT enzyme which breaks down our catecholamine (stress responsive) neurotransmitters. Studies have shown magnesium has an inhibitory effect on the release of the stress hormone norepinephrine. Sufficient magnesium is also needed for the adrenal glands to properly regulate cortisol, another important hormone in stress response.

RESTFUL SLEEP

High quality sleep is needed for healthy emotional regulation, energy and focus. By nourishing pathways that assist sleep including the GABA pathway and cortisol balance, magnesium aids rest. GABA inhibits the effects of our stress hormones, epi and norepinephrine. Magnesium is a cofactor for GABA synthesis and also affects GABA receptors in a way that amplifies the effect of GABA. Magnesium is also

important in the normal contraction and relaxation of muscles, supporting muscle comfort through the night.

ESSENTIAL NUTRIENT

As an essential mineral, magnesium is utilized in over 300 biochemical reactions throughout the body, often as a cofactor for enzymes. It assists in the normal metabolism of vitamin D. A majority of the U.S. population does not get enough magnesium in their diet to meet requirements.

As a cofactor for hundreds of enzymes, magnesium is also needed for:

- Cellular energy production by metabolism of carbohydrates and fats. ATP, the molecule that provides energy for nearly all metabolic functions, exists primarily as a complex with magnesium.
- Utilization of calcium, phosphorus, sodium, and potassium. Synthesis of DNA, RNA, proteins, and glutathione. Ion transport across cell membranes that affects nerve signaling, muscle contraction, and normal heart rhythm.

Pairs well with

L-METHYLFOLATE (INCLUDING B-COMPLEX AND MULTIVITAMIN PRODUCTS)

As magnesium is bulky it is difficult to include a significant amount in formulas. In a standalone product, it is perfect for adding to your health routine in amounts supportive to sleep and healthy stress response. As it assists as a cofactor in several reactions in the methylation pathway it pairs well with our L-Methylfolate products.

RECOMMENDATIONS

Use as directed by a healthcare professional.

SOURCE

Magnesium is a mined mineral. Glycine is synthetic. Ascorbic acid is from corn sorbitol. Ascorbyl palmitate is derived from corn sorbitol and palm oil.

ALLERGENS

According to information provided by our suppliers, these capsules are free of the nine major allergens as identified by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA): Wheat (gluten), eggs, milk, soybeans, shellfish, fish, peanuts, tree nuts, and sesame.

PRECAUTIONS

Pregnant or lactating women and individuals taking prescription medications should consult with a healthcare professional before taking any supplement.

MAGNESIUM GLYCINATE

#00821-90 capsules

Supplement Facts						
Serving Size: 1 capsule			EGG FREE	GLUTEN FREE	FREE OF NUTS	DAIRY FREE
Amount Per Capsule			% Daily Value			
Vitamin C (as Ascorbic Acid and Ascorbyl Palmitate)	25 mg		28%			
Magnesium (as Magnesium Bisglycinate)	125 mg		30%			

Other ingredients: vegetarian cellulose capsule