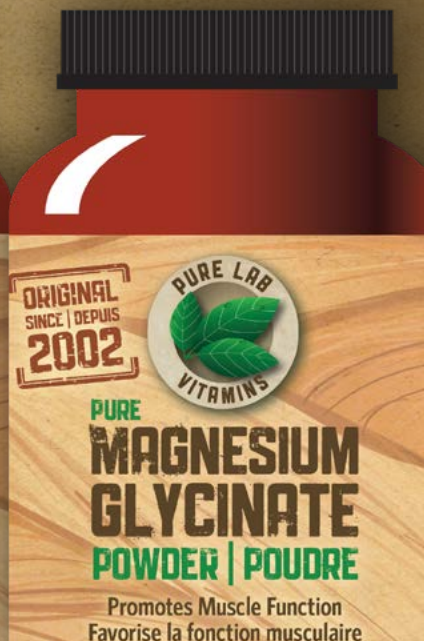


MAGNESIUM GLYCINATE

THE BODY'S OWN MUSCLE RELAXANT



MAGNESIUM IS ONE OF THE MOST UNDERUTILIZED MACRO NUTRIENTS IN OUR DIETS. TODAY'S SOILS ARE DEPLETED.

Conditions like:

- Chronic Pain
- Spasms
- High Blood Pressure
- Restless Leg Syndrome
- Insomnia
- PMS Cramping
- Fibromyalgia
- Neuropathies
- Migraines
- Chronic Constipation
- Arrhythmia
- Diabetes

or any combination thereof, often times go hand-in-hand with Magnesium deficiency.

Magnesium helps individuals with diabetes. It activates insulin and increases insulin receptor sensitivity.

Magnesium is very important for athletes, who have much higher requirements to keep muscles relaxed.

Magnesium, bound to the smallest available amino acid L-glycine, provides highest known absorption rates, compared to Mg-Oxide, Carbonate or Citrate/Malate.

L-Glycine itself is alkalizing and has calming properties as well. (Read more on our website)

Signs of Magnesium deficiency/imbalance include muscle pain, muscle burning, muscle twitching, muscle spasms, migraines and frequent headaches, insomnia, twitchy eyelids, restless achy legs, constipation and even irritability and anxiety.

Visit our website for more details: purelabvitamins.com



Recommended Use:

Helps to maintain proper muscle function.

Recommended Dose:

Capsules:

Adults: Take 1 to 3 capsules daily.

Adolescents 14 to 18: Take 1 to 2 capsules daily.

Adolescents 9 to 13: Take 1 to 2 capsules daily.

Powder:

1 rounded scoop = 165mg elemental Magnesium.

Adults: Take 1 scoop with or without food 3 times a day.

Adolescents 9 - 18 years: Take 1 scoop with or without food 2 times a day.

Medicinal Ingredients (per capsule):

Magnesium 165mg (Magnesium Glycinate 70%, Magnesium Oxide, L-Glycine Dry Chelate 30%).

Non-Medicinal Ingredients:

Capsules: 100% vegi-caps, Cellulose, Magnesium Stearate (veg source).

Powder: No additives.

Contains No:

Gluten, wheat, sugar, yeast, milk, egg, shellfish, soy, corn, or preservatives. No artificial colours. Product is vegan and halal.

Risks:

Keep out of the reach of children. Do not use if safety seal is broken.

Known Adverse Reactions:

Some people may experience loose stools.

NPN: 80062835 NPN: 80023425

120

Vegi-Caps

300

Vegi-Caps

200g

Powder