MagnesiumBisglycinate**Plus**

Cod. FE2032 – 120 capsules

MagnesiumBisglycinate**Plus** has been shown to be the most bioavailable form of magnesium, with absorption rates of over 200% compared to other forms such as magnesium chloride. This high absorption results when magnesium binds to two glycine molecules, producing a magnesium compound readily absorbed by the body. In this formula, magnesium bisglycinate is combined with the amino acid L-taurine. They act together in synergy to ensure optimal magnesium absorption in the body and to cover any deficiency of this mineral.

Magnesium is among the most important essential minerals for our well being. It participates in over 300 enzymatic reactions that affect all aspects of metabolic function. Intestinal absorption, skeletal calcium storage and release and nervous system function all depend on adequate magnesium intake.

Magnesium helps decrease tiredness and fatigue and contributes to electrolyte balance, protein synthesis and normal energy metabolism, as well as participating in normal nerve, muscle and bone function.

Each capsule contains 150 mg of magnesium in its elemental form. The formula also includes 30 mg of L-taurine to improve cellular magnesium assimilation.

Ingredients: Magnesium bisglycinate, magnesium oxide, L-taurine (2-aminoethanesulfonic acid), anticaking agents (magnesium salts of fatty acids and silicon dioxide), vegetable capsule (glacing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information	**2 capsules (2 284 mg)**
Elemental magnesium: (234 mg from 1800 mg of Mg bisglycinate + 66 mg from 126 mg of Mg oxide)	300 mg (80%*)
L-Taurine	60 mg

*NRV: Nutrient Reference Value in %.

Contains no: soya, corn, egg, milk or milk products, yeast, citrus, preservatives, artificial flavour or colour, starch or sugar.

Size and format:

120 capsules

Recommended daily dose:

1 capsule twice daily.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Magnesium deficiency, physical or psychological stress (insomnia, tiredness, irritability, weakness, etc.) and depression.
- It's also a good protector of the cardiovascular system and is a good ally for athletes for preventing muscle cramping.
- It decreases high blood pressure and regulates blood lipids.

Cautions:

It is recommended to consult a health-care practitioner before use if you are pregnant or breast-feeding.

MAGNESIUM: Magnesium bisglycinate bonds to two glycine molecules, reacting completely and providing the most absorbable form of magnesium the body can use. Magnesium bisglycinate offers a fast and efficient way to absorb magnesium. The resulting molecule stabilizes magnesium and improves bioavailability. According to different studies, magnesium bisglycinate shows absorption levels of over 200% [1,2].

Approximately 60% of the magnesium present in the body is found in the bones, 26% in muscles and the rest in soft tissue and bodily fluids.

It is absolutely necessary for correct calcium metabolism and absorption. This mineral plays an important role at the cellular scale since it regulates calcium flow within cells, and together with calcium produces ATP, or the energy cells need to carry out all bodily functions. It is also essential for transmitting nerve impulses, especially at the intracellular level, and is a co-factor in many enzymatic processes needed in order to use cellular energy, which explains the need for high concentrations of magnesium in cells [3,5].

A deficiency shows up as weakness, tiredness, anxiety, apathy, depression, insomnia, irritability, heart problems, a predisposition to stress and problems with muscle contraction. A potential lack of this mineral is more frequent in older people and in women during the premenstrual phase. Magnesium deficiency is associated with premenstrual syndrome. Diverse studies have shown that the intake of magnesium reduces the nervousness, breast sensitivity, weight gain, tiredness and headache of premenstrual syndrome [3,6].

It has positive effects on states of stress and a calming effect. It improves heart muscle activity and regulates blood lipids [4,7].

L-TAURINE: This amino acid plays an important role in the transport of minerals like magnesium within and outside of cardiac muscle cells, and contributes to magnesium and potassium retention in the heart. Taurine is an important amino acid in muscle and nervous system tissue, where it acts synergically with magnesium. Taurine can be helpful for resolving cardiac muscle pain and arrhythmia [8,9].

When magnesium is administered with taurine, it reduces blood pressure, improves insulin resistance, delays atherogenesis, prevents arrhythmia and stabilizes platelets [10,12].

References:
1) European Food Safety Authority (EFSA). "Opinion on certain bisglycinates as sources of copper, zinc, calcium, magnesium and glycinate nicotinate as source of chromium in foods intended for the general population (including food supplements) and foods for particular nutritional uses-Scientific Opinion of the Scientific Panel on Food Additives, Flavourings, Processing Aids and Materials in Contact with Food." EFSA Journal 6.6 (2008): 718.
2) Bohn T. Magnesium absorption in humans. PhD thesis (no. 14930.) Swiss Federal Institute of Technology Zurich, Switzerland, 2003.
3) Seelig, Mildred S. "Consequences of magnesium deficiency on the enhancement of stress reactions; preventive and therapeutic implications (a review)." Journal of the American College of Nutrition 13.5 (1994): 429-446.
4) Golf, S. W., S. Bender, and J. Grüttner. "On the significance of magnesium in extreme physical stress." Cardiovascular Drugs and Therapy 12.2 (1998): 197-202.
5) Reinhart, Richard A. "Magnesium metabolism: a review with special reference to the relationship between intracellular content and serum levels." Archives of internal medicine 148.11 (1988): 2415-2420.
6) Laires, Maria José, Cristina Paula Monteiro, and Manuel Bicho. "Role of cellular magnesium in health and human disease." Front Biosci 9 (2004): 262-276.
7) Bo, Simona, and Elisabetta Pisu. "Role of dietary magnesium in cardiovascular disease prevention, insulin sensitivity and diabetes." Current opinion in lipidology 19.1 (2008): 50-56.
8) Xu, Yan-Jun, et al. "The potential health benefits of taurine in cardiovascular disease." Experimental & Clinical Cardiology 13.2 (2008): 57.
9) Lourenco, R., and M. E. Camilo. "Taurine: a conditionally essential amino acid in humans? An overview in health and disease." Nutr Hosp 17.6 (2002): 262-270.
10) McCarty, M. F. "Complementary vascular-protective actions of magnesium and taurine: a rationale for magnesium taurate." Medical hypotheses 46.2 (1996): 89-100.
11) Yamori, Yukio, et al. "Low cardiovascular risks in the middle aged males and females excreting greater 24-hour urinary taurine and magnesium in 41 WHO-CARDIAC study populations in the world." Journal of biomedical science 17.1 (2010): S21.
12) Houston, Mark. "The role of magnesium in hypertension and cardiovascular disease." The Journal of Clinical Hypertension 13.11 (2011): 843-847.