

MAGNESIUM GLYCINATE

A Highly Bioavailable Magnesium that Goes Easy on the Digestive System*

- A well-absorbed form without laxative effects*
- Promotes a restful night's sleep*
- Keeps you calm and relaxed*
- Enhances cognitive health*
- Supports heart health and blood pressure in the normal ranges*
- Helps maintain strong bones*

Want to promote a restful night's sleep, stay calm under pressure, support a healthy heart and brain, and help keep your bones healthy?*

Then magnesium should be a critical part of your supplement regimen.* The problem? Many forms have a laxative effect, and aren't well absorbed. That's why DaVinci[®] Laboratories offers magnesium glycinate, which combines the mineral magnesium with the amino acid glycine. It doesn't have a laxative effect like other forms of magnesium.* It's one of the best absorbed forms of magnesium, so it goes right to work supporting many aspects of health.* An estimated 75% of people are deficient in magnesium, often because they don't get enough in their diet.

Promote Calm and Relaxation*

Magnesium helps promote the actions of neurotransmitters involved in feelings of relaxation and maintaining a happy and optimistic mood.* Magnesium also blocks the activity of a receptor in the brain that's linked to agitation.* The result is feeling calmer and getting better sleep.*

Boost Brain Health*

Because of its role in supporting neurotransmitter activity, magnesium is involved in learning and memory.* It plays a role in brain pathways instrumental to cognitive flexibility, the ability to switch between thinking about multiple concepts at the same time, allowing you to learn faster, and more effectively respond to new situations.* Magnesium supports normal age-related cognitive health and blood flow to the brain.*

Support Cardio Function*

Magnesium is involved in a healthy cardiovascular system.* It helps the body absorb vitamin D.* In one study, magnesium glycinate taken together with vitamin D maintained healthy systolic blood pressure.* Magnesium also helps maintain normal heart rhythm and blood vessels.*

A Multi-Talented Mineral

Magnesium promotes many other aspects of health.* It supports bone health, helps maintain healthy blood sugar levels in the normal ranges, allows for more comfortable movement, and enhances exercise performance.*

Magnesium glycinate is recommended for:

- Better sleep*
- Irritability, nervousness, or low mood*
- Common cognitive changes seen with healthy aging*
- Helping to maintain normal heart rhythms and blood circulation*
- Bone strength*
- Anyone sensitive to the laxative effects of other magnesium forms*
- Low blood magnesium levels*
- Seniors interested in healthy aging*

Suggested Use: As a dietary supplement, take 1 capsule, 1 - 4 times daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Magnesium (as Mg Glycinate) 75 mg	18%

Other ingredients: hypromellose (capsule), microcrystalline cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE / SOY FREE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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