

Pure Magnesium Bisglycinate

130 mg

(non-GMO vegetable capsules)

Each capsule contains 130 mg of elemental magnesium in the form of fully reacted, pure magnesium bisglycinate for maximum intestinal absorption and cellular assimilation, and minimal stomach upset. It's an excellent therapeutic dose for those with a clinically diagnosed deficiency.

• Products 2183 (60 capsules) and 2175 (120 capsules)



Each vegetable capsule contains:

Elemental magnesium
(from 1000 mg of pure, fully reacted magnesium bisglycinate) 130 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.
NPN 80076181 • V0603-R1

Directions of use:

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

Pure Magnesium Bisglycinate 150 mg + L-Taurine

(tablets)

Our most potent formula is an excellent dosage for those with chronic malabsorption-related digestive deficiency, as well as elite endurance athletes struggling with muscle cramping. It delivers fully reacted magnesium bisglycinate plus 30 mg of L-taurine per tablet.

• Products 2179 (60 tablets) and 2197 (120 tablets)



Each tablet contains:

Elemental magnesium
(from 1154 mg of pure, fully reacted magnesium bisglycinate) 150 mg
L-Taurine (2-aminoethanesulfonic acid) 30 mg

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and stearic acid; plus a food glaze for coating.
NPN 80077468 • V0574-R1

Directions of use:

Adults: Take 1 tablet twice daily or as directed by your health-care practitioner.

Magnesium Bisglycinate Pure Powder

Natural Lemon-Lime Flavour

Each scoop delivers 200 mg of elemental magnesium in the form of highly bioavailable, fully reacted magnesium bisglycinate, formulated with vitamin C for enhanced absorption. Its natural lemon-lime flavour tastes great mixed with water or added to custom workout beverages.

• Products 2378 (226 g) and 2380 (454 g)



Each scoop contains:

Vitamin C (ascorbic acid) 375 mg
Magnesium (from fully reacted magnesium bisglycinate) 200 mg

Other ingredients: Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), and stevia (*Stevia rebaudiana*) leaf extract.
NPN 80077751 • PM0192-R1

Directions of use:

Adults: Take 1 scoop daily or as directed by your health-care practitioner.

Magnesium Bisglycinate 200 mg

(non-GMO vegetable capsules)

Each plant-sourced capsule contains 200 mg of elemental magnesium in the form of highly bioavailable magnesium bisglycinate and magnesium oxide for therapeutic potency. This product is an excellent therapeutic dose for those with a clinically diagnosed deficiency. Discover how it can improve your quality of life.

• Product 2308 (120 capsules)



Each vegetable capsule contains:

Elemental magnesium 200 mg

Provided by:

- 95 mg of magnesium from 730 mg of pure, fully reacted magnesium bisglycinate
- 105 mg of magnesium from 198 mg of magnesium oxide

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.
NPN 80085063 • V0649-R1

Directions of use:

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

HPT390

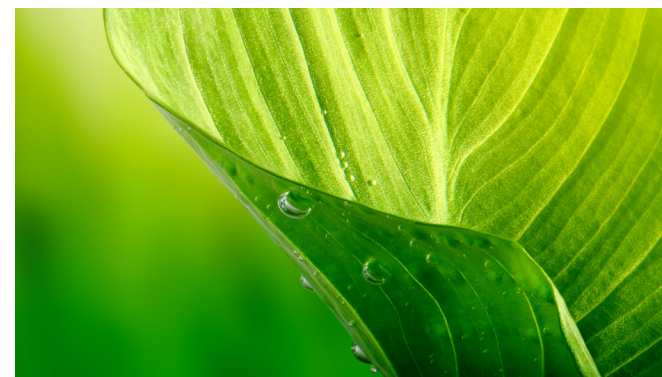


New Roots Herbal's Magnesium Line
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Magnesium Bisglycinate

Discover Our Magnesium Product Line

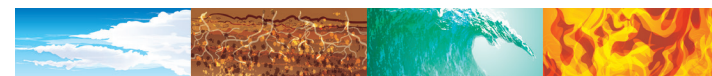


- Pure and fully reacted magnesium bisglycinate
- Most bioavailable form of magnesium
- Gentle on the stomach
- No known side effects

**Tested in our
ISO 17025
Accredited Laboratory**



newrootsherbal.com



Magnificent Magnesium

Magnesium is the catalyst that sparks countless metabolic-, skeletal-, and nervous-system functions. The problem for many of us is that it's critically deficient in our food chain. Furthermore, dietary habits that include consumption of saturated fats, sugar, and caffeine place our magnesium levels at risk.

Magnesium regulates heartbeat, skeletal health, bowel regularity, and blood pressure; it clots blood, activates B vitamins, helps with stress management, and impacts blood glucose levels. It also aids in the metabolism of complex carbohydrates, proteins, and fats.

Magnesium is essential for nerve and muscle function. It relaxes muscles, therefore low levels of this precious mineral can lead to muscle spasms, frequent cramps, and restless leg syndrome. Nerve cells rely upon the presence of adequate levels of magnesium to conduct impulses across the minute gaps between them called synapses. The impairment of these impulses can contribute to additional health concerns that span from general anxiety disorder to Alzheimer's disease.

Magnesium deficiency is among the most common mineral deficiency in the population, affecting more than 40% of Canadians according to Health Canada. Identifying a magnesium deficiency, then choosing the right form and dosage, could represent a simple therapeutic intervention that dramatically impacts your life.

It's All About Quality...

Our ISO 17025–accredited lab ensures our magnesium products meet the same standards of identity, purity, and potency as every ingredient that goes into our products. All raw materials are tested in our in-house analytical laboratory; we scientifically validate each certificate of analysis of our supplier's raw materials.

It's All in the Delivery...

Magnesium bisglycinate is recognized as the most bioavailable form of this critical mineral. Nutrients compete within the intestines for carrier proteins to transport them through the intestinal wall into the bloodstream. In its chelated form, being attached to amino acids, magnesium bisglycinate skips this process for direct intestinal absorption and delivery within the bloodstream. This makes it gentle on the intestines as other forms of magnesium, when left unabsorbed, can cause nausea and diarrhea. Glycine—magnesium bisglycinate being formed of one molecule of magnesium and two molecules of glycine—is also a calming amino acid which amplifies the benefits of this superior form of magnesium.

Once within the bloodstream, magnesium bisglycinate is easily recognized for active transport within cells to carry out its hundreds of essential metabolic duties. Its capacity to cross the blood-brain barrier is also invaluable as it delivers calming effects proven beneficial for mental health.

Magnesium Bisglycinate Plus

(non-GMO vegetable capsules)

Our original magnesium bisglycinate formula features 150 mg of elemental magnesium, hybrid-sourced from fully reacted magnesium bisglycinate and magnesium oxide for sustained therapeutic action. It is formulated with 30 mg of L-tyrosine for enhanced cellular intake.

• Products 2202 (60 capsules) and 1390 (120 capsules)



Each vegetable capsule contains:

Elemental magnesium 150 mg

Provided by:

- 117 mg of magnesium from 900 mg of pure, fully reacted magnesium bisglycinate
- 33 mg of magnesium from 63 mg of magnesium oxide

L-Tyrosine (2-aminoethanesulfonic acid) 30 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80022757 • V0382-R4

Directions of use:

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner.

Pure Magnesium Bisglycinate

115 mg + Tyrosine

(non-GMO vegetable capsules)

Formulated with 115 mg of pure, fully reacted magnesium bisglycinate per capsule, and complemented with 25 mg of L-tyrosine for enhanced cellular assimilation, it's the ideal therapeutic potency for sustained delivery throughout the day.

• Product 2200 (90 capsules)



Each vegetable capsule contains:

Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) 115 mg

L-Tyrosine (2-aminoethanesulfonic acid) 25 mg

Other ingredients: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80077470 • V0612-R1

Directions of use:

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.