

Amino-Mag 200

Magnesium Amino Acid Chelate

DESCRIPTION

Amino-Mag 200™, provided by Douglas Laboratories®, is a magnesium amino acid chelate delivering 200 mg of elemental magnesium per tablet.

FUNCTIONS

Magnesium is a mineral with a fundamentally important physiological function in the body. However, typical diets in the U.S. and other industrialized countries often provide less than adequate amounts of magnesium. Supplementation with bioavailable magnesium chelate can help bridge the gap between dietary intake and optimal requirement. Magnesium plays an essential role in a wide range of fundamental cellular reactions. More than 300 enzymes require magnesium as a cofactor. Complexed with adenosine triphosphate (ATP), the main carrier of metabolic energy in the body, magnesium is essential for all biosynthetic processes: glycolysis, formation of cyclic adenosine monophosphate (cAMP), energy-dependent membrane transport, transmission of genetic code for protein synthesis, and muscle function. Magnesium is also involved in maintaining normal heart function and blood pressure. †Two thirds of the body's magnesium content is located in the skeleton. Recent scientific studies show that magnesium supplementation of ovariectomized animals, a model for postmenopausal women, not only promotes bone formation while increasing its dynamic strength, but also prevents bone resorption. † Douglas Laboratories' amino acid chelate used in Amino-Mag 200 is a well absorbed and highly tolerated form of magnesium.

INDICATIONS

Amino-Mag 200 may be a useful nutritional adjunct for individuals who wish to increase their dietary intake of magnesium.

FORMULA (MAG)

Each tablet contains:

Magnesium (amino acid chelate*).....200 mg

*Amino acid chelate sourced from a proprietary blend of rice protein amino acids and glycinate/lysinate.

SUGGESTED USE

One to two tablets daily with food or as directed by a healthcare professional.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Amino-Mag 200 visit douglaslabs.com

**† 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.**

Manufactured by
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Your patients trust you.**

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