



PURE MAGNESIUM BISGLYCINATE 115 MG + TAURINE

Each vegetable capsule contains:

Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) 115 mg
 L-Taurine (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.

V0612-R1 · NPN 80077470

#2200 (90 capsules)

Directions of use:

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



MAGNESIUM BISGLYCINATE PLUS

Each vegetable capsule contains:

Elemental magnesium 150 mg

Provided by:

- 117 mg of magnesium from 900 mg of pure, fully reacted magnesium bisglycinate (93%)
- 33 mg of magnesium from 63 mg of magnesium oxide (7%)

L-Taurine (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.

V0382-R4 · NPN 80022757

#2202 (60 capsules) and #1390 (120 capsules)

Directions of use:

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



PURE MAGNESIUM BISGLYCINATE 130 MG

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.

V0603-R1 · NPN 80076181

#2183 (60 capsules) and #2175 (120 capsules)

Directions of use:

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



MAGNESIUM BISGLYCINATE 200 MG

Each vegetable capsule contains:

Elemental magnesium 200 mg

Provided by:

- 95 mg of magnesium from 730 mg of pure, fully reacted magnesium bisglycinate (79%)
- 105 mg of magnesium from 198 mg of magnesium oxide (21%)

Other ingredients:

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

V0649-R1 · NPN 80085063

#2308 (120 capsules) and #2402 (240 capsules)

Directions of use:

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



Magnesium Bisglycinate

DISCOVER OUR MAGNESIUM PRODUCT LINE



All New Roots Herbal Products Are Tested in Our ISO 17025-Accredited Laboratory

Magnesium Bisglycinate



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.

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.

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.

It's All in the Delivery...

Once within the bloodstream, magnesium bisglycinate is easily recognized for active transport within cells to carry out its hundreds of essential metabolic duties.

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.

Magnesium Bisglycinate



- **PURE AND FULLY REACTED MAGNESIUM BISGLYCINATE**
- **MOST BIOAVAILABLE FORM OF MAGNESIUM**
- **GENTLE ON THE STOMACH**
- **HELPS IN THE DEVELOPMENT AND MAINTENANCE OF BONES AND TEETH**
- **HELPS IN TISSUE FORMATION AND TO MAINTAIN PROPER MUSCLE FUNCTION**
- **HELPS THE BODY TO METABOLIZE CARBOHYDRATES, PROTEINS, AND FATS**

Make Life Better · newrootsherbal.com



MAGNESIUM BISGLYCINATE NATURAL LEMON-LIME FLAVOUR POWDER

Each scoop contains:

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

Other ingredients:

Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), silicon dioxide, and stevia (*Stevia rebaudiana*) leaf extract.

PM0192-R2 · NPN 80077751

#2378 (226 g) and #2380 (454 g)

Directions of use:

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

Manufactured under strict GMP (Good Manufacturing Practices).

HP1390

