

Magnesium Buffered Chelate



Overview

Magnesium Buffered Chelate is one of the best absorbed forms of magnesium. Each capsule provides 150 mg of elemental magnesium. This product should not cause any of the unfavorable gastrointestinal symptoms associated with magnesium supplementation due to the very stable chelate formed between two glycine molecules and each magnesium ion via a patented process.

Made with non-GMO ingredients.

Recommended Use: As a dietary supplement, take two tablets twice per day, or as directed by your health care practitioner.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 60

Amount Per Serving	% Daily Value
---------------------------	----------------------

Magnesium	300 mg 80%
-----------	------------

(TRAACS® Magnesium Bisglycinate

Chelate Buffered- from Magnesium

Bisglycinate Chelate and Magnesium

Oxide)

Other Ingredients: Microcrystalline cellulose, vegetable stearate.