



PRODUCT DATA SHEET

MAGNESIUM GLYCINATE

DESCRIPTION	Magnesium Glycinate is a well-tolerated and bioavailable form of magnesium, chelated with glycine to support optimal absorption and gentle digestion. It plays a vital role in over 300 enzymatic processes in the body, supporting muscle relaxation, nervous system, health, sleep quality, cardiovascular function and helps maintain bone strength
BENEFITS	<ul style="list-style-type: none"> • Supports calmness and relaxation • Maintains healthy muscle and nerve function • Promotes restful sleep • Non-laxative and gentle on the stomach • Ideal for daily magnesium replenishment • Highly absorbable • Reduces fatigue • Maintains electrolyte balance • Aids in Calcium & Potassium uptake for bone formation
ACTIVE INGREDIENTS	Magnesium Bi-Glycinate (20%) 500mg. Providing Elemental Value Magnesium 100mg
APPEARANCE	HPMC White Off White Veggie Capsules. Odorless. Slightly sweet Suitable for Vegetarians
DIRECTION FOR USE	1 – 2 Capsules daily with water. Best taken in the evening before sleeping
PACKAGING	60 times 500mg Capsules. White Container & Screw Cap. Wrap around label
SAFETY & ALLERGENS	This product was packaged in an area where there might be traces of milk and nuts Not intended for children under the age of 18 years
WARNINGS	Discontinue use where there is sensitivity towards any of the ingredients. If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice before consuming this product
CATEGORY D MEDICINE	Combination of Western Herbal. This product is not intended to diagnose, treat and cure any diseases. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use
IDENTIFICATION	CAS 14783-68-7. Synonyms Magnesium Bisglycinate, Magnesium Diglycinate
STORAGE	Store away from direct sunlight in a cool, dry place below 25C. Keep out of reach of children
DISTRIBUTION	<p>Manufactured for distribution by :</p> <p>NATURCARE PRODUCTS (PTY) LTD 14 Queen Street Knysna South Africa www.naturcare.co.za orders@naturcare.co.za 084 862 6513</p> <p>Registration # 2012 077443 07 Customs Export Code 212 737 65</p>