MAGNESIUM BISGLYCINATE

LÉO DESILETS

Léo Désilets' NEW MAGNESIUM BISGLYCINATE is a superior quality supplement providing 200 mg of highly bioavailable and absorbable pure elemental magnesium. Our Magnesium Bisglycinate multiplies health benefits thanks to the amino acid glycine, which is known for its powerful calming qualities. Léo Désilets' Magnesium Bisglycinate is also easy to digest and gentle on the gut.[1]

CONTEXT

Although several nutrients are essential for health, magnesium stands out as both an essential mineral and a key electrolyte. Indeed, magnesium is intimately involved in our body's ability to manage stress and cellular activity and participates in over 600 metabolic reactions throughout the body's various systems[2]. Unfortunately, recent studies have shown that the magnesium content of food has dramatically diminished over the years due to modern agricultural practices[3]. In fact, it is estimated that a significant percentage of the population does not get enough magnesium daily to meet their body's needs[4]. Fortunately, numerous magnesium supplements are available on the market, allowing us to quickly improve our nutritional profile and make up for any nutrient deficiencies. Beware, however: not all magnesium supplements are created equal.

A BRIEF INTRODUCTION TO MAGNESIUM

Magnesium is the fourth most abundant mineral in the body and is found in all of our tissues but is primarily concentrated in bones, muscles, and the brain. It is involved myriad things inside the body, including bone health, healthy sleep, nerve function, cognitive health, energy production, cardiovascular health, blood pressure, immune function, cholesterol management, blood sugar balance, and mood balance[5].

Unfortunately, magnesium deficiency is a vastly underdiagnosed problem[6]. Some factors predispose to deficiency; these include excessive use of alcohol, salt, coffee, or phosphoric acid in soft drinks. Additionally, heavy sweating, prolonged or intense stress, chronic diarrhea, heavy periods, and diuretics, antibiotics, and other medications are all factors that deplete our magnesium stores[5].

Unsurprisingly, magnesium supplements are among the most frequently recommended, prescribed, and used nutritional supplements worldwide. There are many different forms of magnesium available on the market. Magnesium bisglycinate is one of the most recommended forms thanks to its high bioavailability.

MAGNESIUM BISGLYCINATE – HIGHLY BIOAVAILABLE & ABSORBABLE

Magnesium bisglycinate differs from other forms of magnesium in that it is a magnesium complex bound to two molecules of glycine (hence the name: bis-). The bisglycinate form offers superior absorption due to its increased solubility. In addition, this form does not have a laxative effect like most other forms of magnesium because it is a true chelate (molecular structure resulting from the union of an atom with other chemical compounds) in which the magnesium is completely enveloped.

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HEALTH BENEFITS

- Promotes relaxation
- Supports muscle function
- Promotes a stable mood
- Supports cardiovascular health
- Naturally anti-inflammatory
- Helps stabilize blood sugar
- Promotes restful sleep

Another significant benefit of magnesium bisglycinate is the presence of glycine – an amino acid that offers very particular benefits to health. Indeed, glycine is an amino acid and neurotransmitter that works alongside other neurotransmitters, such as GABA, to promote calm and relaxation[7]. This is why magnesium bisglycinate is ideal for promoting restful sleep and helping maintain a stable mood.

NEW Magnesium Bisglycinate from Léo Désilets

Léo Désilets' Magnesium Bisglycinate provides a potent dose of chelated magnesium (bisglycinate), offering optimal bioavailability and absorption capacity. Our patented form of magnesium supports many of the body's vital functions and is an ideal solution to optimize your magnesium intake quickly, safely, and effectively.

Léo Désilets Magnesium Bisglycinate is a premium quality supplement that provides a hefty 200mg dose of pure elemental magnesium per capsule, which is easy to absorb, and gentle on the gut.

Léo Désilets Magnesium Bisglycinate – Health Canada Approved Claims:

- Supports energy metabolism, tissue formation and bone development.
- Helps in the development and maintenance of bones and teeth.
- Helps maintain proper muscle function and tissue formation.
- Helps maintain heart muscle function.
- Helps maintain normal electrolyte balance.
- Helps maintain the body's ability to metabolize nutrients.
- Provides/Source of/An electrolyte (for the maintenance of good health).

Léo Désilets Magnesium Bisglycinate is offered in vegetable capsules and is thus suitable for vegetarians and vegans. Like all Léo Désilets products, the formula is Non-GMO, has no added flavours or colours, and is free of the most common allergens, including peanuts, tree nuts, wheat, eggs, dairy, fish or shellfish, and soy.

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