

Product Name:

Magnesium Bisglycinate

NPN:

80025846

Galenic Form:

Vegetable capsules

Format:

90 capsule bottles.

Ingredients:

Each capsule contains:

Magnesium

(magnesium bisglycinate, magnesium citrate).....200 mg

Non-medicinal ingredients:

Cellulose, silicon dioxide, magnesium stearate, hypromellose.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives or artificial colours, flavours or preservatives.

Formula Rationale:

RxBalance™ Magnesium Bisglycinate is an essential mineral and a cofactor in more than 350 enzymatic reactions in the body.

This mineral is needed for the formation of healthy bones and teeth, protein and fatty acid formation, activating B vitamins, muscle activity, nerve transmission, relaxing blood vessels, clotting blood, temperature regulation and intestinal motility.

Magnesium also plays a crucial role in energy production (formation of ATP), and in the synthesis of DNA and RNA.

Magnesium bisglycinate, as an amino acid chelate of magnesium, is highly bioavailable. The bisglycinate form is not dependent on stomach acid for absorption as it uses mechanisms similar to those used by amino acids. The absence of magnesium from processed foods and the depletion of magnesium from agricultural soils have contributed to the frequency of magnesium deficiency found today in North American populations.

Magnesium supplementation can help with many conditions from palpitations, arrhythmias, leg cramps and fatigue, and restless leg syndrome to insomnia, nervousness, anxiety, endurance, and stamina.

Primary indication(s):

Acidosis
ADHD
Arrhythmia
Fibromyalgia
High blood pressure
Hypercholesterolemia
Insomnia
Kidney stones
Metabolic syndrome (Syndrome X)
Migraines
Muscle cramps (especially at night or following exercise)
Osteoporosis (and osteopenia)
Stress

Secondary indication(s):

Anxiety
Cavities
Depression
Diabetes
Fatigue
Hyperestrogenism (PMS, endometriosis)
Hypoglycemia

Recommended dosage:

Adults: Take 1 capsule daily or as directed by a health care practitioner.

Complements:

Sleep Factors, GR-Plex, B-Complex, Calcium & Vitamin D, Kyolic 104.

Caution:

Magnesium is virtually non-toxic, though excess magnesium may cause diarrhea. Magnesium bisglycinate, however, has a far wider margin in regards to diarrhea and can therefore be used at higher doses safely.



Dr. Crisafi's comments:

Magnesium is probably one of the most significantly depleted nutrients in North American diets.

Stress of every kind (chemical, emotional, hormonal, physical) depletes cellular magnesium. Since magnesium is a relaxant of muscles and nerves, its requirements increase under stress. Furthermore, cortisol, produced during stress, increases acidity thereby increasing the need for extra magnesium.

Anyone under stress should supplement their diet with extra magnesium in order to reduce the long term effects of stress.

Magnesium requirements increase during pregnancy and lactation. I am predicting that magnesium will one day be as highly recommended during pregnancy and breastfeeding as folic acid is now.

A study published in the July 29, 2010 edition of the British Medical Journal found that people taking calcium supplements had between 27 and 31 per cent higher risk of heart attack than counterparts who took placebo. Calcium is a stimulant of muscles (we often use calcium channel blockers as cardiac medications) whereas magnesium is a relaxant, shown to reduce the risk of strokes. The results of this study may actually be due to proportionately insufficient magnesium intake in relationship to the calcium rather than excess calcium intake itself.

Anyone taking large amounts of calcium should supplement the calcium with at least as much magnesium in order to avoid this potential situation.

In regards to its effects on cholesterol, one study highlighted the fact that magnesium has similar effects to statin drugs in lowering LDL cholesterol, without the side effects. Magnesium was also found, however, to increase HDL (the good cholesterol), a supplementary effect that statins have not exhibited.

Interestingly, research has highlighted the fact that cellular retention of magnesium is influenced by genetic factors. Several individuals do not retain magnesium adequately and are therefore genetically predisposed to certain disorders such as anxiety, cardiovascular problems, insomnia, migraines and estrogen related disorders.

Magnesium supplementation is therefore warranted in cases where there is a family incidence of cardiovascular disease and its precursors (angina, high LDL cholesterol or low HDL, high blood pressure etc.).

Because magnesium is required in the metabolism of estrogen, low levels of magnesium may increase hyper estrogen symptoms of premenstrual breast and uterine sensitivity/pain, headaches and back pain. Premenstrual depression and emotional lability, as well as excess estrogen retention (endometriosis, etc.) may also occur. Interestingly, many women crave chocolate during their premenstrual and early menstrual period. Chocolate, by the way, is very high in magnesium!

Selected References

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1-877-929-2548

