

Magnesium Glycinate Complex

300 mg per serving with superior absorption

- ☐ MGC060 | 60 vegetarian capsules
- ☐ MGC120 | 120 vegetarian capsules
- ☐ MGC240 | 240 vegetarian capsules

Designs for Health's Magnesium Glycinate Complex is a premium-quality magnesium supplement designed to help your body absorb more magnesium while being gentle on your digestive system.* This advanced formula combines a highly absorbable chelated form of magnesium with a buffered delivery system, which is a fancy way of saying that we combine two forms of magnesium to help you absorb more magnesium per serving without the stomach discomfort that some magnesium products can cause.* Compared to magnesium oxide alone, this buffered chelate system was shown to provide nearly 4X greater magnesium absorption, making it a smart choice for those who want real benefits from their magnesium supplement.*†



FOUNDATIONAL HEALTH*



Promotes optimal magnesium status, including for individuals with compromised or poor digestion*



Supports energy production*



Supports heart health and healthy blood pressure*



Supports muscle relaxation and bone health*



Supports healthy blood sugar metabolism*



Supports balanced stress responses and healthy sleep quality*

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30 | 60 | 120

Amount Per Serving		% Daily Value
Magnesium	300 mg	71%
(as TRAACS® Magnesium Bisglycinate Chelate Buffered - from Magnesium Bisglycinate Chelate and Magnesium Oxide)		

Other Ingredients: Cellulose (capsule), vegetable stearate.

Recommended Use: Take 2 capsules per day or as directed by your health care practitioner.

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

JUST THE FACTS:

Compare supplement facts to the leading brands

- **TRAACS® Magnesium Bisglycinate Chelate Buffered** – An advanced form of magnesium designed to support better magnesium absorption and bioavailability while remaining gentle on the gastrointestinal tract.*
- **Why magnesium matters** – Magnesium is an essential mineral involved in over 600 processes in the body, yet nearly half of U.S. adults do not get enough from food alone.
- **This buffered chelated formula may be ideal for people who:**
 - Don't get enough magnesium from diet alone*
 - Have higher magnesium needs due to stress or certain medications*
 - Have experienced occasional digestive discomfort (such as loose stools or stomach upset) with other magnesium supplements*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† Hartle JW, Morgan S, Poulsen T. Development of a model for in-vitro comparative absorption of magnesium from five magnesium sources commonly used as dietary supplements. *FASEB J.* 2016;30(S1):128.6. doi:10.1096/fasebj.30.1_supplement.128.6

††U.S.A. Functional Medicine MDs, DOs, NDs, DCs, and Nutrition Professionals surveyed in 2025 for Designs for Health.

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