



# Magnesium Glycinate

*Powerful for relaxation and overall health*

Overall Effectiveness: 8/10    Impact on Mitochondria: 7/10

Supplement Essentials	Usage Guidelines	Insights
<p><b>Benefits:</b></p> <ul style="list-style-type: none"> <li>Supports muscle relaxation and reduces cramps.</li> <li>Enhances sleep quality and stress reduction.</li> <li>Promotes heart health and healthy blood pressure levels.</li> <li>Improves bone density and supports overall skeletal health.</li> <li>Aids in reducing symptoms of PMS and migraines.</li> </ul> <p><b>Recommended Dose:</b></p> <ul style="list-style-type: none"> <li>Adults: 200–400 mg per day, depending on age, sex, and health needs.</li> </ul> <p><b>Upper Limit:</b></p> <ul style="list-style-type: none"> <li>350 mg/day from supplements to avoid potential adverse effects (excluding dietary magnesium).</li> </ul> <p><b>Parts of the Human Anatomy That Benefit:</b></p> <ul style="list-style-type: none"> <li>Muscles, bones, brain, and cardiovascular system.</li> </ul>	<p><b>Time of Day to Take:</b></p> <ul style="list-style-type: none"> <li>Evening for relaxation and sleep benefits.</li> </ul> <p><b>With or Without Food:</b></p> <ul style="list-style-type: none"> <li>Best taken with meals to improve absorption and reduce the risk of gastrointestinal upset.</li> </ul> <p><b>Solubility:</b></p> <ul style="list-style-type: none"> <li>Water-soluble, but combines well with food for enhanced absorption.</li> </ul> <p><b>Bioavailability:</b></p> <ul style="list-style-type: none"> <li>Highly bioavailable; easily absorbed and gentle on the digestive system.</li> </ul> <p><b>Interactions &amp; Contraindications:</b></p> <ul style="list-style-type: none"> <li>May interact with antibiotics, diuretics, or medications for osteoporosis.</li> <li>Not recommended for individuals with kidney disease without medical supervision.</li> </ul>	<p><b>Target Audience:</b></p> <ul style="list-style-type: none"> <li>Suitable for individuals with magnesium deficiency, muscle cramps, stress, or sleep issues.</li> <li>Athletes, seniors, and those prone to migraines.</li> </ul> <p><b>Side Effects:</b></p> <ul style="list-style-type: none"> <li>Rare but may include diarrhea at high doses.</li> </ul> <p><b>Duration of Use:</b></p> <ul style="list-style-type: none"> <li>Safe for long-term use if taken within recommended guidelines.</li> </ul> <p><b>Availability:</b></p> <ul style="list-style-type: none"> <li>Widely available online and in health stores.</li> </ul> <p><b>Flavor or Texture:</b></p> <ul style="list-style-type: none"> <li>Typically available in capsule or powder form, tasteless when mixed with liquids.</li> </ul>
<p><b>Scientific Evidence:</b></p> <ul style="list-style-type: none"> <li>Numerous studies support magnesium glycinate's role in reducing stress, improving sleep, and supporting cardiovascular health.</li> </ul> <p><b>Sustainability and Ethics:</b></p> <ul style="list-style-type: none"> <li>Many brands offer eco-friendly, non-GMO, and vegan-certified options.</li> </ul> <p><b>Recent Research and Trends:</b></p> <ul style="list-style-type: none"> <li>Emerging research highlights magnesium's potential in reducing symptoms of anxiety and depression when used alongside therapy.</li> </ul>		

**Disclaimer:** Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).