

Premier Magnesium Glycinate Caps

Premier Energy Support



Premier Magnesium Glycinate stands out as a comprehensive solution for those seeking to bridge the dietary gap in their magnesium intake. Magnesium deficiency is a widespread issue globally, attributed to environmental factors like soil depletion, as well as poor dietary choices and chronic stress.

Proper magnesium intake can contribute to a reduction of tiredness and occasional fatigue and supports a healthy memory, mood, and mindset. Moreover, it helps maintain bone health, supports a healthy heart, muscles, and joints, and aids recovery from exercise-related fatigue.*

When choosing a magnesium supplement, the amino acid chelate it is paired with makes a significant difference in how the body activates and optimizes magnesium's numerous health benefits. Considered one of the most well-tolerated and effective forms, magnesium glycinate combines magnesium with the naturally soothing amino acid glycine, which is easy on the stomach and soothing to all body systems.

Premier Magnesium Glycinate delivers gentle, effective results and can be safely used for its relaxation benefits, better quality sleep, and support for muscle health and recovery. This whole-body wellness essential is ideal for individuals seeking to optimize their magnesium levels and support overall health and well-being without discomfort or digestive disturbances.

Benefits

- Exerts energy-generating effects, regulating critical body functions and supporting whole-body wellness.*
- May improve memory, mood, and mindset while reducing overall fatigue.*
- Supports healthy hearts, muscles and joints, including recovery from exercise-related fatigue.*

Highlights

- Features magnesium glycinate, a highly bioavailable form of magnesium that is gentle on the stomach.
- Available in a convenient capsule form.
- Manufactured without the use of harmful additives such as magnesium stearate.

Recommended Use

- Take 3 capsules daily before bedtime to support relaxation and sleep or in the morning to enhance daily energy.
- Magnesium glycinate is typically well-tolerated and may be taken with or without food based on personal preference.

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