Magnesium: A critical mineral supplement in modern times

Dietary magnesium comes from green leafy vegetables, whole grains, nuts, red meats, starches and milk. However, our soil has been seriously depleted of magnesium; this is further aggravated by the use of potassium and phosphorus fertilizers, which alter the plants' ability to uptake magnesium.

Magnesium supplements, according to the Health Canada monograph, are approved as a factor in the maintenance of good health, and to help in the metabolism of carbohydrates, fats and proteins; in the development and maintenance of bones and teeth; in tissue formation; and to help maintain proper muscle function.

Health Canada's mineral references deal specifically with the elemental values of the mineral. This monograph applies to all acceptable forms, including magnesium bisglycinate. Recommended adult dose is 350 mg elemental magnesium daily. Doses in excess of this recommended dosage may cause diarrhœa.

Conditions associated with magnesium deficiencies are extensive and range from ADHD and anxiety to various auto-immune disorders; muscle fatigue, weakness and cramps; as well as high blood pressure, osteoporosis, and various intestinal disorders including peptic ulcers, Crohn's disease, colitis, and food allergies.

Clearly, magnesium supplementation is important! The critical factor is the actual absorption. Magnesium bisglycinate is considered to be one of the most absorbable forms of magnesium and the amino acid L-taurine greatly enhances the absorption and retention of this critical mineral.

In addition to the greatly enhanced absorption and retention of magnesium bisglycinate, the amino acid L-taurine appears to play a critical role for magnesium in the body: "Taurine acts by regulating the sodium & potassium concentration in the cells & the magnesium level between the cells."

New Roots Herbal is pleased to introduce Magnesium Bisglycinate with L-taurine. Each vegetarian capsule contains 150 mg of elemental magnesium from 650 mg of magnesium bisglycinate as well as 30 mg of L-taurine.

According to research by Albion Minerals, magnesium bisglycinate shows absorption levels over 200% higher than other forms of magnesium. Their studies go on to show that the urinary excretion of magnesium from magnesium chloride (a typical elemental magnesium source) is substantially higher than magnesium from magnesium bisglycinate.

Sources:
The Way Up Newsletter, Vol. 16, 01-15-00, Priscilla Slagle M.D.
Health Canada Monograph for Magnesium, Krispin Sullivan, CN 1997
Albion Research Notes; Volume 12, No. 3, October, 2003