

Magnesium Bisglycinate

In: **Mag Absorb Pro** · 300+ studies

Summary

Highly bioavailable, gentle-on-gut chelate — the gold standard for relaxation, sleep onset and stress recovery.

Lead Researcher

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Selected Peer-Reviewed Citations

[1] Bioavailability of magnesium bisglycinate vs oxide. *Magnesium Research*, 2003.
<https://pubmed.ncbi.nlm.nih.gov/14596323/>

[2] Magnesium and stress: a systematic review. *Nutrients*, 2020.
<https://pubmed.ncbi.nlm.nih.gov/32340369/>

[3] Effect of magnesium supplementation on subjective anxiety. *PLOS ONE*, 2017.
<https://pubmed.ncbi.nlm.nih.gov/28445426/>

[4] Magnesium intake and sleep quality. *Sleep*, 2022.
<https://pubmed.ncbi.nlm.nih.gov/35184204/>

TruWe formulas use clinically-studied actives at effective doses. Third-party tested · FSSAI · GMP. Educational use only — not medical advice.