

MAGNESIUM GLYCINATE

Magnesium is involved in hundreds of essential biochemical reactions that keep the body functioning properly. It is a crucial mineral as it is involved in more than 600 of the body's enzymatic reactions. Unfortunately, much of the US population is deficient in magnesium. Magnesium deficiencies have been associated with a variety of conditions such as muscle cramping, fatigue, irritability, and sleeplessness. Magnesium is essential for the health of the heart and blood vessels, brain, bones, muscles, and lungs.

Supplementing with a quality magnesium supplement, like Magnesium Biglycinate from PowerStrength, could be especially helpful when athletes are sweating a lot and frequently. Because the supplement helps to promote restful sleep and muscle relaxation, it is recommended to be taken in the evening.

