

RESEARCH MONOGRAPH . COMPOUND PROFILE

Magnesium Glycinate

A magnesium chelate with glycine, with superior bioavailability and minimal gastrointestinal effects compared with magnesium oxide.

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ABSTRACT

Magnesium glycinate (magnesium bisglycinate) is a chelated magnesium salt where magnesium is bound to two molecules of glycine. The compound has superior bioavailability compared with magnesium oxide (the most common but poorly absorbed form), with absorption rates approaching 80 percent in clinical studies versus 4 to 12 percent for oxide. Glycine has independent anxiolytic and sleep-promoting effects through NMDA glycine site activity. The combination produces a magnesium product with low gastrointestinal disturbance and additional glycine benefits at the dosing required for elemental magnesium repletion. Doses providing 200 to 400 mg elemental magnesium per day are typical.

1. Compound Identification

Magnesium Glycinate is described as magnesium-glycine chelate. A magnesium chelate with glycine, with superior bioavailability and minimal gastrointestinal effects compared with magnesium oxide.

1.1 Class summary

Magnesium-glycine chelate

1.2 Subtitle

A magnesium chelate with glycine, with superior bioavailability and minimal gastrointestinal effects compared with magnesium oxide.

2. Abstract

Magnesium glycinate (magnesium bisglycinate) is a chelated magnesium salt where magnesium is bound to two molecules of glycine. The compound has superior bioavailability compared with magnesium oxide (the most common but poorly absorbed form), with absorption rates approaching 80 percent in clinical studies versus 4 to 12 percent for oxide. Glycine has independent anxiolytic and sleep-promoting effects through NMDA glycine site activity. The combination produces a magnesium product with low gastrointestinal disturbance and additional glycine benefits at the dosing required for elemental magnesium repletion. Doses providing 200 to 400 mg elemental magnesium per day are typical.

3. Mechanism of Action

Magnesium chelate with glycine; high bioavailability. Glycine adds NMDA co-agonist activity.

The mechanistic profile described above represents the consensus position from peer-reviewed literature where available; for compounds with sparse formal characterization, this section reflects vendor-grade reports and structurally-related class pharmacology and should be interpreted with appropriate caution.

4. Pharmacokinetics and Routes of Administration

Pharmacokinetic data are summarized within the abstract for compounds with formal Phase 1 records. Compounds without published human pharmacokinetic studies are noted as such; investigators should treat the absence of data as a research limitation.

5. Reported Research Dose Ranges

200 to 400 mg elemental Mg per day from the chelate.

Doses are scaled from clinical use where the compound is approved as a medicine, from Phase 2/3 trials where development advanced, or from rodent dose-response data scaled by allometric assumptions where the compound has no human clinical record. Investigators should treat dose ranges from research-chemical-grade vendors as starting points for their own pharmacokinetic and tolerability characterization rather than validated dosing recommendations.

6. Sourcing and Quality Verification

Investigators should obtain analytical confirmation of identity (mass spectrometry; for peptides, additionally amino acid analysis or N-terminal sequencing) and purity (HPLC area-percent, ideally greater than 95 percent) on every lot. Vendor certificates of analysis vary in quality; third-party analytical confirmation through independent laboratories (e.g., Janoshik Analytical, Anabolic Lab) is the gold standard for research-grade peptides and small molecules.

For compounds with established pharmaceutical-grade marketing in any jurisdiction, sourcing from the marketed product (where legal and accessible) provides the highest quality assurance.

7. Reconstitution and Handling

Peptides should be reconstituted in bacteriostatic water or sterile water for injection in the volume appropriate to the desired concentration; lyophilized peptides should be allowed to come to room temperature before reconstitution to minimize precipitation. Reconstituted peptides should be stored refrigerated and used within the timeframe specified by the manufacturer (typically 14 to 30 days for bacteriostatic water reconstitutions, shorter for sterile water).

Small molecules: storage conditions vary by compound; consult the certificate of analysis for the specific product. Most are stable at room temperature in dry, dark conditions; oxidation-sensitive compounds (e.g., catecholamine precursors) require cool storage and protection from light.

8. Stack Interaction Considerations

Investigators combining this compound with other research substances should consider receptor-level interactions (additive effects at shared targets), enzyme-level interactions (CYP-mediated drug-drug interactions where applicable), and pharmacodynamic interactions (additive sedation, additive serotonergic activity, additive hemodynamic effects).

The stack interaction section in published monographs of well-characterized compounds is necessarily incomplete for any specific combination; investigators should treat novel combinations with elevated caution and titrate gradually.

9. References

1. Schuette SA, et al. Bioavailability of magnesium diglycinate. JPEN 1994.
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This monograph is provided for research use only. Not for medical, diagnostic, or therapeutic purposes. Not for human consumption. Compound class generalizations are noted where compound-specific data are sparse; investigators should weight the evidence accordingly.