



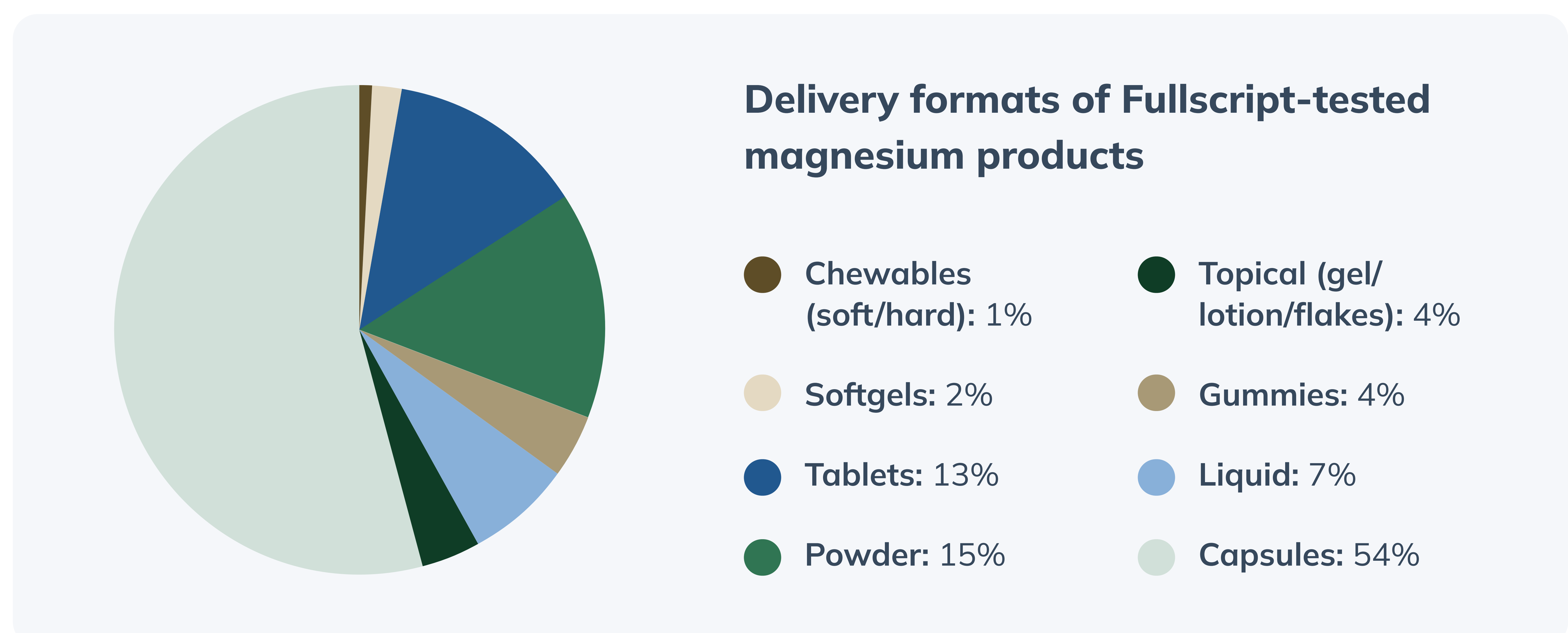
Fullscript-tested Magnesium potency

At Fullscript, we're committed to independently testing the products we distribute to provide quality assurance and validate important safety and efficacy label claims.

As part of our commitment to purity and efficacy, we selected magnesium products distributed by Fullscript, including glycinate, citrate, malate, and other forms, to test for total magnesium content. Based on US and Canadian industry guidelines, Fullscript's Medical Advisory Team defined a magnesium content test result of **95–115%** of the label claim as the qualifying range for quality confirmation.

Magnesium (Mg) is an element and essential mineral. A cofactor in over three hundred enzymatic reactions in the human body, magnesium is involved in protein synthesis, muscle contraction, nerve function, blood pressure, glucose regulation, hormone receptor binding, cardiac conduction, transmembrane ion flux, and calcium channel gating. ([Schwalfenberg 2017](#)) It's required to produce ATP ([Hee Ko et al. 1999](#)) and synthesize RNA and DNA. ([Schwalfenberg 2017](#)) To learn about magnesium dosage and administration, please consult the [magnesium summary](#) in Fullscript's ingredient library.

We handpicked magnesium products from our distribution center in Phoenix, Arizona, and shipped them to Eurofins Labs in Madison, Wisconsin. The products were in various delivery formats, including capsules, softgels, liquids, and gummies.



Some overage of active ingredients is necessary for product shelf life. The US Food and Drug Administration (FDA) mandates that dietary supplements meet label claims until expiration. Manufacturers therefore add extra active ingredients to ensure compliance. Delivery formats with less integrity, such as gummies and liquids, lose potency faster and require additional overage amounts.

101.58%

Average percentage of magnesium content compared to label claims for Fullscript-tested products

Fullscript featured products

The Fullscript catalog experience will soon allow you to filter by quality-tested products. The following are featured high-quality products that meet Fullscript’s 95–115% requirement of magnesium content claims.



Pure Encapsulations® Magnesium (powder)

Description:

Magnesium content as tested:
250 mg/serving
Lot code: 50328989
% of label claim: 100%
Source: produced by corn dextrose fermentation; GMO-free, gluten-free, vegetarian, vegan
SKU: [PUR-MGP1](#)

Supplement Facts

Serving Size: 1 scoop (1.8 g) Serving Per Container: approximately 60		
	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate)	250 mg	60%
Other ingredients: none		

[Certificate of Analysis](#)



Metagenics Mag Glycinate

Description:

Magnesium content as tested:
100 mg/serving
Lot code: B23060133
% of label claim: 100%
Source: non-GMO, gluten-free, vegetarian
SKU: [MET-MAGG](#)
SKU: [MET-MAGG240](#)

Supplement Facts

Serving Size: 1 tablet Serving Per Container: 120		
	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bis-Glycinate)	100 mg	24%
Other ingredients: microcrystalline cellulose, stearic acid (vegetable), croscarmellose sodium, silica.		

[Certificate of Analysis](#)



Designs for Health Magnesium Chelate

Description:

Magnesium content as tested:
104 mg/tablet
Lot code: 2223814S

% of label claim: 104%

Source: TRAACS® Magnesium Bisglycinate Chelate; gluten-free, dairy-free, soy-free, vegetarian, non-GMO, vegan

SKU: [DFH-MAG120](#)

Supplement Facts

Serving Size: 2 tablets
Serving Per Container: 60

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bisglycinate Chelate)	200 mg	48%

Other ingredients: Cellulose, stearates (vegetable source).

[Certificate of Analysis](#)



Vital Nutrients Triple Mag - Magnesium Complex

Description:

Magnesium content as tested:
512 mg/serving
Lot code: 23F18

% of label claim: 102.4%

Source: gluten-free, dairy-free, peanut-free, tree nut-free, fish and shellfish-free, soy-free, sesame-free, egg-free; no artificial flavors, colors, sweeteners, or unnecessary ingredients; vegan and non-GMO

SKU: [VN-TM](#)
SKU: [VN-TM180](#)

Supplement Facts

Serving Size: 2 capsules
Serving Per Container: 45

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Oxide, DiMagnesium Malate (DiMag), Magnesium Glycinate)	500 mg	119%

Other ingredients: Vegetarian Capsule (cellulose), leucine, silica.

[Certificate of Analysis](#)



Other passing results

The following are more products that met 95–115% of magnesium content claims.

Brand	Product	Certificate of Analysis	% of label claim
Vital Nutrients	Magnesium (glycinate/malate) 120mg (100 capsules)	<u>275 mg/serving</u>	114.58%
Natural Vitality	Natural Calm Calmful Sleep (6 Ounces)	<u>252 mg/serving</u>	114.55%
Ayush Herbs	SupraMag (90 capsules)	<u>73.9 mg/serving</u>	113.69%
Advanced Nutrition by Zahler	Magnesium Citrate 200mg	<u>225 mg/serving</u>	112.50%
Carlson Labs	Chelated Magnesium Glycinate (180 tablets)	<u>225 mg/serving</u>	112.50%
Jarrow Formulas	MagMind	<u>161 mg/serving</u>	111.81%
Natural Vitality	Natural Calm Orange (8 Ounces)	<u>363 mg/serving</u>	111.69%
Integrative Therapeutics	Tri-Magnesium (90 capsules)	<u>335 mg/serving</u>	111.67%
Allergy Research Group	Magnesium Malate Forte 120t	<u>137 mg/serving</u>	110.48%
SFI Health	Magnesium Glycinate Complex (100 capsules)	<u>110 mg/serving</u>	110%
Vital Nutrients	Magnesium Citrate 150mg (100 capsules)	<u>165 mg/capsule</u>	110.00%
Nutritional Fundamentals for Health	Magnesium SAP (90 capsules)	<u>164 mg/serving</u>	109.33%
MegaFood	Relax + Calm Magnesium Soft Chews (30 Chewables)	<u>272 mg/serving</u>	108.80%

Brand	Product	Certificate of Analysis	% of label claim
SFI Health	Magnesium Citrate 150mg (90 capsules)	<u>162 mg/serving</u>	108%
Thorne	Magnesium CitraMate (90 capsules)	<u>145 mg/serving</u>	107.41%
Integrative Therapeutics	Magnesium Glycinate Plus (120 tablets)	<u>236 mg/serving</u>	107.27%
Protocol for Life Balance	Magnesium Citrate Softgels (180 Softgels)	<u>429 mg/serving</u>	107.25%
Metabolic Maintenance	Magnesium Glycinate (180 capsules)	<u>134 mg/serving</u>	107.20%
Natural Vitality	Natural Calm Lemon (8 Ounces)	<u>348 mg/serving</u>	107.08%
NOW Foods	Magnesium Citrate 400mg (120 capsules)	<u>426 mg/serving</u>	106.50%
Pure Encapsulations	Magnesium (Citrate) (90 capsules)	<u>159 mg/serving</u>	106.00%
SFI Health	Magnesium Chelate Powder (10.58 Ounces)	<u>211 mg/serving</u>	105.50%
Allergy Research Group	Magnesium Citrate (90 capsules)	<u>179 mg/serving</u>	105.29%
SFI Health	Mag Complete (120 capsules)	<u>252 mg/serving</u>	105.00%
Designs for Health	Magnesium Buffered Chelate (60 capsules)	<u>313 mg/serving</u>	104.33%
Designs for Health	Magnesium Malate (120 capsules)	<u>375 mg/serving</u>	104.17%
Pure Encapsulations	Magnesium (Citrate/Malate) (90 capsules)	<u>124 mg/serving</u>	103.33%

Brand	Product	Certificate of Analysis	% of label claim
Nordic Naturals	Magnesium Complex (90 capsules)	<u>232 mg/serving</u>	103.11%
Pure Encapsulations	UltraMag Magnesium (120 capsules)	<u>231 mg/serving</u>	102.67%
Progressive Labs	Magnesium Complex	<u>408 mg/serving</u>	102.00%
Integrative Therapeutics	Magnesium Malate (90 capsules)	<u>101 mg/serving</u>	101.00%
DaVinci Labs	Tri-Mag 300 (120 capsules)	<u>75.7 mg/capsule</u>	100.93%
Pure Encapsulations	Magnesium (Glycinate) (90 capsules)	<u>121 mg/serving</u>	100.83%
Metagenics	Mag Citrate™ (120 tablets)	<u>302 mg/serving</u>	100.67%
Metabolic Maintenance	Magnesium Citrate (120 capsules)	<u>150 mg/serving</u>	100.00%
Designs for Health	MagneGel (8 Ounces)	<u>8.02%</u>	98.16%
Biospec Nutritionals	Mag Glycinate 510 (100 capsules)	<u>497 mg/serving</u>	97.45%
Pharmax	Magnesium Malate	<u>121 mg/serving</u>	96.80%
Designs for Health	Magnesium Chelate Powder 150g	<u>290 mg/serving</u>	96.67%
Natural Vitality	Natural Calm Watermelon (8 Ounces)	<u>279 mg/serving</u>	96.21%

