



Macco

GLYCERO PHOSPHATES

The power of minerals in the most stable form for your health.

Glycerophosphates are a specific compound that has several advantages important for the bioavailability and effectiveness of minerals in the body. Here are several reasons why glycerophosphate might be preferred over other forms like **biglycinate**, **phosphate**, **citrate**, **gluconate**, or **lactate**.

Bioavailability and Absorption of Glycerophosphates:

Glycerophosphates are **well absorbed**, and the body can easily metabolize them due to the combination of the mineral with glycerophosphate, a form similar to **biological phosphates** in the body. The phosphate group is crucial for various enzymatic reactions in the body, including processes that affect energy metabolism.

Biglycinate, on the other hand, is a compound with two molecules of an amino acid, which may affect its **stability** and absorption in some people, although it has the advantage of being gentler on the stomach.

Phosphates, citrates, gluconates, and lactates are sometimes less stable, can be harder to absorb, and may **contain other ions** that can have undesirable effects on electrolyte balance or interfere with the absorption of other nutrients. **Citrate** and **gluconate** are good for quick mineral release, but glycerophosphates are often considered more stable and better utilized for long-term effects.

Electrolyte Balance and pH of Glycerophosphates:

Glycerophosphates provide electrolytes that the body easily uses to maintain pH balance and electrolyte balance. This factor is especially important for minerals like **magnesium, calcium, and potassium**, which are essential for cellular processes, muscle contraction, and nerve activity.

Citrate and **gluconate** tend to be **more acidic**, which can affect pH in the intestines and sometimes be irritating to sensitive individuals or people with digestive issues.

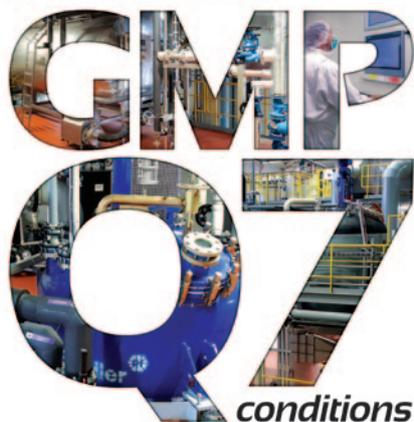
Specific Benefits for Bone Health and Cardiovascular of Glycerophosphates:

Glycerophosphates (especially **calcium** and **magnesium glycerophosphates**) have a **synergistic effect** in the body. The phosphate component helps with **bone mineralization**, which is crucial for bone and dental health.

Bisglycinate or **gluconate** may be better for specific purposes, such as **calming muscles** or **reducing cramps**, but for **bone** and **dental health**, glycerophosphate is ideal, as its phosphate component plays a key role in forming and stabilizing mineral structures in the body.

Glycerophosphate	Benefits and Uses	Why Glycerophosphate and not other forms	When to Use
Magnesium Glycerophosphate	Supports the nervous and muscular system, muscle relaxation, energy metabolism	Good bioavailability, stable form for long-term effects	Stress, anxiety, insomnia, muscle cramps, energy support
Calcium Glycerophosphate	Bone and dental health, supports the nervous system, cardiovascular health	Supports bone mineralization, stable and easily absorbed	Osteoporosis, low calcium levels, muscle and nerve function support
Potassium Glycerophosphate	Electrolyte balance, supports heart and muscles, prevents muscle cramps	Supports electrolyte and pH balance in the body, stable for long-term use	Low potassium levels, heart rhythm, dehydration, physical exertion
Sodium Glycerophosphate	Electrolyte balance, supports blood pressure, energy processes	Stable form for electrolytes and fluid balance	Low sodium levels, dehydration, blood pressure issues

Production under



Certification and Registrations:

GMP Q7, FSSC 22000, ISO 9001, CoS/CEP, DMF, Halal, Kosher, API Facility and DMF registrations at the US FDA

Quality Standards:

EP, BP, USP, JP, FCC, GB, E-numbers, ACS

Our standard pack sizes:

Bags (10 kg - 25 kg), Carton boxes 25 kg, Plastic drums (12 kg - 250 lb), Fibre drums (25 kg - 250 lb), Big-bags (400 kg - 1 000 kg)

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BRINGING
MINERALS
TO LIFE...

