

High Absorption Magnesium contains elemental magnesium chelated with the amino acids glycine and lysine. As an essential dietary mineral, magnesium plays many important roles which include: helping cells produce metabolic energy, supporting optimum nerve function, helping muscles relax properly and maintaining a healthy heartbeat.* Glycine has been shown to be an efficient carrier for minerals that facilitate absorption in the intestinal tract.* Glycine is used by the body to form collagen, a key protein in cartilage and connective tissue.* Lysine is an essential amino acid that assists gastric function.*

BioPerine® is a patented herbal extract that enhances nutrient absorption.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Distributed by **Doctor's Best, Inc.**
San Clemente, CA 92673

(800) 777-2474 www.drsvitamins.com



Doctor's BEST®

**Science-Based
Nutrition™**

Mineral
Supplement
with BioPerine®

**High
Absorption**

100% Chelated

Magnesium

Fully Reacted! Not Buffered!

**SUPPORTS THE HEART, NERVOUS
SYSTEM, CELLULAR ENERGY***

TRAACS®

120 Tablets



Supplement Facts

Serving Size 2 tablets

Servings per container 60 servings

	Amount per serving	% Daily Value
Magnesium (elemental) (from 2,000 mg magnesium glycinate/lysinate chelate**)	200 mg	50%
Black pepper extract (fruit)(BioPerine®)	4 mg	†
† Daily Value not established.		

Other ingredients: Cellulose, stearic acid, croscarmellose sodium, hypromellose, magnesium stearate (vegetable source), titanium oxide (food grade).

Suggested Adult Use: Take 2 tablets twice daily, with or without food.

** Amino acid chelate supplied by Albion Advanced Nutrition. The Albion medallion design is a registered trademark of Albion Laboratories, Inc. Chelate covered by Albion International, Inc., U.S. patent 5,516,925.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS