

**Doctor's Best High Absorption Magnesium** uses a patented, organic, chelated delivery form of magnesium to optimize bioavailability and GI tolerance.\* It is not buffered and more absorbable than magnesium oxide.\*

Magnesium is an essential dietary mineral that plays many important roles which include: helping cells produce metabolic energy, supporting optimum nerve function, helping muscles relax properly and maintaining a healthy heartbeat.\* Lysine and glycine have been shown to be efficient carriers for minerals that facilitate absorption in the intestinal tract.\*

**Helps support bone, heart, nerve and muscle health\***  
**Helps support normal magnesium levels that decrease with age\***

Made with a patented, organic form of bioavailable magnesium that is 100% chelated \*

Contains magnesium chelated with amino acids, L-Lysine and L-Glycine, providing high 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.



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# Doctor's BEST<sup>®</sup>

**Science-Based  
Nutrition<sup>™</sup>**

## High Absorption Magnesium

100% Chelated with



**HELPS SUPPORT BONE, HEART,  
NERVE AND MUSCLE HEALTH\***



**Dietary  
Supplement**

**100 mg • 120 Tablets**



### Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

|                                                          | Amount Per Serving | % Daily Value |
|----------------------------------------------------------|--------------------|---------------|
| Magnesium<br>(from magnesium lysinate glycinate chelate) | 200 mg             | 50%           |

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, hypromellose and hydroxypropyl cellulose (coating), magnesium stearate (vegetable source), stearic acid.

**Suggested Adult Use:** Take 2 tablets twice daily, or as recommended by a nutritionally-informed physician.

**Non-GMO / Gluten Free / Soy Free / Vegan**  
Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**  
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