

magnesium+
dietary supplement

suggested use: Take two (2) capsules at bedtime or as recommended by your health care practitioner. If pregnant, consult your health care practitioner before using this product.

tamper-evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

for more information:

mindbodygreen.com @mindbodygreen

Gluten-
Free

GMO-
Free

Dairy-
Free



MBG002
LMBG00202

mindbodygreen
by Thorne

magnesium+

jujube¹, pharmaGABA²

To promote the kind of sleep you dream about—deep and truly restorative, with a gentle wake-up and no morning grogginess—we crafted this unique blend. We combined highly absorbable **magnesium bisglycinate** with **1) jujube** for healthy cortisol levels, and **2) pharmaGABA**, an extensively studied neurotransmitter shown in clinical trials to enhance sleep quality.[‡]

dietary supplement

60 capsules

supplement facts

Serving Size: 2 Capsules
Servings Per Container: 30

Two Capsules Contain:	%DV
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)†	120 mg 29%
Jujube Seed Extract (<i>Ziziphus jujuba</i> var. <i>spinosa</i>)	225 mg *
Gamma-Aminobutyric Acid (as PharmaGABA® (GABA))††	100 mg *

*Daily Value (DV) not established

Other Ingredients: Vegetable Capsule (HPMC, Water), Calcium Lactate, Silicon Dioxide

† TRAACS® is a registered trademark of Albion International, Inc.

†† PharmaGABA® is a registered trademark of Pharma Foods International Co., Ltd. (Japan)

‡ 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.

Manufactured For: Thorne Research, Inc. 1 800 228 1966