

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 and facilitate absorption in the intestinal tract.*

Helps support bone, heart, nerve and muscle health*

Helps support normal magnesium levels that decrease with age*

Patented, organic, bioavailable and 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.



YDRB025-6



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

**High
Absorption
Magnesium**
100% Chelated

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



100 mg • 120 Tablets



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

	Amount Per Serving	% Daily Value
Magnesium	200 mg	50%
(from 2,000 mg magnesium lysinate glycinate chelate)		

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

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.**

California, 92612 USA

(800) 777-2474 www.drbbvitamins.com

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