

**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.



YDRB087-7



**Dietary  
Supplement**

**Doctor's  
BEST®**

**Science-Based  
Nutrition™**

**High  
Absorption  
Magnesium**  
**100% Chelated**

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



**100 mg • 240 Tablets** **Vegan™**

**Supplement Facts**

Serving Size 2 Tablets  
Servings Per Container 120

|                                                      | 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.**  
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**www.drbvitamins.com**

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