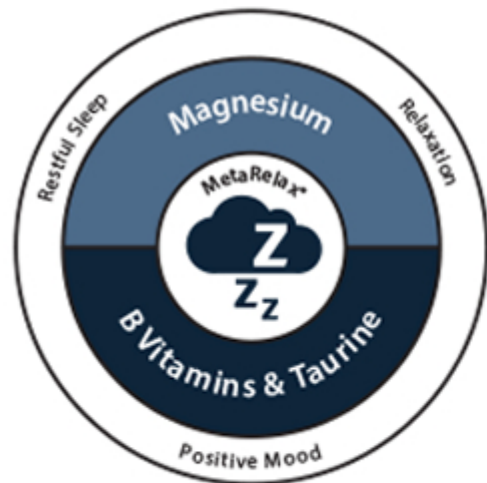


**MetaRelax<sup>®</sup>** is a great tasting orange citrus flavored magnesium powder blend.

This unique formula features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance.\* It also features taurine, vitamins B<sub>6</sub>, B<sub>12</sub>, and folate.

Together, these nutrients help to promote restful sleep, positive mood, and relaxation.\*



\*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.

## Why MetaRelax?

- Magnesium plays an important role in calcium metabolism and acts with calcium to support many biological processes, including bone formation, muscle contraction and relaxation, and nervous system health.\*
- Folate and vitamin B<sub>12</sub> are cofactors in the synthesis of neurotransmitters, including serotonin. Serotonin is associated with mood, sleep, and relaxation.\*
- Vitamin B<sub>6</sub> is a factor in the body's conversion of glutamate (a stimulatory neurotransmitter) into gamma-aminobutyric acid (GABA), a neurotransmitter with calming and relaxing properties.\*
- Taurine, a sulfur-containing amino acid that is abundant in the central nervous system, may play a role in supporting brain health.\*



## MetaRelax<sup>®</sup>

Designed to help promote restful sleep,  
positive mood, and relaxation\*



orange citrus flavor  
with other natural flavors

PRACTITIONER EXCLUSIVE

## Dietary Supplement

30-(0.11 oz) (3.3 g) Packets  
NET WT. (3.49 oz) (99 g)

## Supplement Facts

Serving Size 1 Packet (3.3 g)

Servings Per Container 30

| Amount Per Packet                                                           |         | % Daily Value |
|-----------------------------------------------------------------------------|---------|---------------|
| Vitamin B <sub>6</sub> (as pyridoxine HCl)                                  | 2.8 mg  | 140%          |
| Folate (as folic acid and calcium L-5-methyltetrahydrofolate <sup>†</sup> ) | 200 mcg | 50%           |
| Vitamin B <sub>12</sub> (as methylcobalamin)                                | 3 mcg   | 50%           |
| Magnesium (as magnesium bis-glycinate)                                      | 150 mg  | 38%           |
| Taurine                                                                     | 200 mg  | *             |

\*Daily Value not established.

Other Ingredients: Citric acid, natural flavors, <sup>††</sup> rebaudioside A (from *Stevia rebaudiana* leaf extract), and silica.

**MANUFACTURED BY: METAGENICS**  
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Directions: Mix packet contents into 8 fluid ounces of water once daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep in a cool, dry place.

<sup>†</sup>No MSG  
<sup>††</sup>Metabolin<sup>®</sup>. Metabolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany