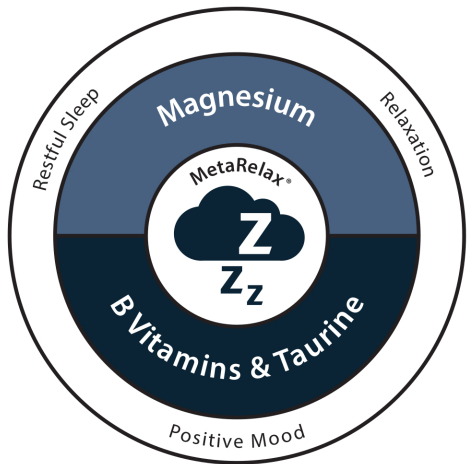


MetaRelax® is a great tasting orange citrus flavored magnesium powder blend.

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 support 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®

Designed to help support 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 165%
Folate (as folic acid and calcium L-5-methyltetrahydrofolate) <sup>†</sup>	330 mcg DFE (100 mcg folic acid) 83%
Vitamin B <sub>12</sub> (as methylcobalamin)	3 mcg 125%
Magnesium (as magnesium bis-glycinate)	150 mg 36%
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**  
GIG HARBOR, WA 98332  
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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, please consult your healthcare practitioner before use. Keep out of reach of children.

**Storage:** Keep in a cool, dry place.

<sup>†</sup>As Metafolin®, Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

<sup>††</sup>No MSG