

DIRECTIONS: Take one to two capsules twice daily at or between meals, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Magnesium, the fourth most abundant mineral in the human body, plays a role in over 300 metabolic processes. It participates in the development and maintenance of bones and teeth; the metabolism of carbohydrates, blood glucose, fats, and proteins; the formation of cells and tissues; and the maintenance of muscle function, including cardiac muscle. **Optimal Magnesium** contains Albion®'s TRAACS® magnesium lysinate glycinate (mineral amino acid chelate) and Albion's chelated dimagnesium malate—both formulated for enhanced absorption. Malic acid (from di-magnesium malate) supports energy production and lactic acid clearance via the Krebs cycle. Malic acid may also support antioxidant systems by enhancing glutathione and antioxidant enzymes.*

*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.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



Optimal Magnesium

Proprietary Blend of Patented Magnesium

dietary supplement

gluten free • dairy free • soy free • nut free

240 Vegetarian Capsules

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 120

	Amount Per Serving	%Daily Value
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	250 mg	60%
Malic Acid (as Albion® di-magnesium malate)	828 mg	**

** Daily Value not established.

Other Ingredients: HPMC (capsule), stearic acid, medium-chain triglyceride oil, magnesium stearate, and silica.



Albion, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malate covered by U.S. Patent 6,706,904 and patents pending.

Manufactured in a GMP compliant facility.

Distributed By: NHC
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