



NOOTROPICS DEPOT



Magtein®

MAGNESIUM L-THREONATE POWDER 120 GRAMS

Dietary Supplement | Net Wt.: 4.23oz (120g) | Lot: MAGS1071218

Supplement Facts

| Serving Size: 2000mg Servings Per Container: 60 | Amount Per Serving | % Daily Value* |
|---|-----------------------|-------------------|
| Magnesium (elemental) (from 2000mg Magtein® magnesium L-threonate) | 144mg | 36% |

*Based on 2,000 Calorie Diet

Suggested Use: Take 1000mg twice daily, once in the morning and once in the evening 2 hours before sleep. 1000mg at night only is recommended in the first week of taking Magtein®.

Disclaimer: Consult your doctor if taking prescription drugs with Magtein®. Keep out of reach of children. Not recommended for children nor women who are pregnant or breastfeeding. Do not take this or any other supplement if under the age of 18 or if you have any known or suspected medical conditions. Do not use if safety seal is damaged or missing. Maximum dose of 4 grams (4000mg) per day. Like other magnesium products, Magtein® may induce sleepiness, drowsiness or headaches. This may indicate a magnesium deficiency and is temporary. Reduce the dosage, consult a doctor or discontinue use if conditions persist for more than one week. Keep away from direct sunlight/heat. Store in a cool/dry place. Transfer scoops are not accurate forms of measurement. A milligram scale is needed to accurately measure dosages. This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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