

High Absorption Magnesium contains elemental magnesium chelated with the amino acids glycine and lysine. As an essential dietary mineral, magnesium plays many important roles which include: helping cells produce metabolic energy, supporting optimum nerve function, helping muscles relax properly and maintaining a healthy heartbeat.* Glycine has been shown to be an efficient carrier for minerals that facilitate absorption in the intestinal tract.* Glycine is used by the body to form collagen, a key protein in cartilage and connective tissue.* Lysine is an essential amino acid that assists gastric function.*

*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.



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**Doctor's
BEST®**

**Science-Based
Nutrition™**
Dietary
Supplement

**High
Absorption**

**100% Chelated
Magnesium**

Fully Reacted! Not Buffered!

**SUPPORTS THE HEART, NERVOUS
SYSTEM, CELLULAR ENERGY***

120 Tablets

Supplement Facts

Serving Size 2 tablets

Servings per container 60 servings

Amount per serving % Daily Value

Magnesium (elemental)	200 mg	50%
(from 2,000 mg magnesium glycinate/lysinate chelate**)		

Other Ingredients: Cellulose, stearic acid, croscarmellose sodium, hypromellose, magnesium stearate (vegetable source).

Suggested Adult Use: Take 2 tablets twice daily, with or without food.

** Amino acid chelate supplied by Albion Advanced Nutrition. The Albion medallion design is a registered trademark of Albion Laboratories, Inc. Chelate covered by Albion International, Inc., U.S. patent 5,516,925.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS

Manufactured for **Doctor's Best, Inc.**

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