

USAGE: Take 2 tablets 1 or 2 times per day, preferably with meals or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Magnesium Optimizer® is a synergistic combination of nutrients to support optimizing magnesium status.* Magnesium supports nerve and muscular tissue function.* Magnesium malate can be utilized by physically active individuals to support exercise and endurance activities.* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.* Taurine supports magnesium status and aids in osmoregulation (maintenance of concentration of ions).* Pyridoxal 5-Phosphate (P-5-P) is the coenzyme form of vitamin B₆ and supports the metabolism of proteins and amino acids.* Magnesium and vitamin B₆ are cofactors in multiple enzyme systems in the body.* Together, magnesium and vitamin B₆ support energy biochemistry, including supporting the synthesis of the universal energy molecule ATP.*

Keep out of the reach of children.

Suitable for vegetarians/vegans. Store in a cool, dry place.

*** 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.**

Lot #: Best Used Before:



Magnesium Optimizer®

**SUPPORTS BONE HEALTH
& MUSCLE FUNCTION***



200 TABLETS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxal 5-Phosphate)	2 mg	118%
Magnesium (as Magnesium Malate)	100 mg	24%
Potassium (as Potassium Citrate)	50 mg	1%
Taurine	350 mg	†

† Daily Value (DV) not established.

Other Ingredients: Cellulose, calcium carbonate, magnesium stearate (vegetable source), food-grade coating (hydroxypropylmethylcellulose, glycerin) and silicon dioxide.

Distributed Exclusively by **Jarrow Formulas®**
Los Angeles, CA 90035-4317
1-866-459-4154 • www.Jarrow.com

12420MP

PROD # 113007



© 2021 **Jarrow FORMULAS®**

APPROX.
FILL LINE