

Cenitol® supports healthy overall nervous system function by featuring inositol, an important naturally occurring component of cell membranes. Inositol plays a major role in cell signaling by functioning as a precursor of an intracellular second messenger system. This system is responsible for regulating a large number of key cellular processes in the body, especially in the brain.*

Cenitol also supplies magnesium in the form of a fully reacted amino acid chelate for nervous system support. These two complementary ingredients are supplied in powder form for ease of delivery and enhanced dosing flexibility.*

♦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.

Directions: Mix about one scoop (7.4 g) in water or juice one to three times daily or as directed by your healthcare practitioner.

Caution: If pregnant or nursing, or taking medication—including lithium—consult your healthcare practitioner before use.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



Metagenics®
Genetic Potential Through Nutrition

Cenitol®

Nervous System Support*

Dietary Supplement • Powder • Vegetarian

NET WT 7.8 OZ (222 G)

Supplement Facts

Serving Size About 1 Scoop (7.4 g)

Servings Per Container 30 (by weight)

Amount Per Serving	% Daily Value
Magnesium	50%
(as magnesium bis-glycinate ¹)	
Inositol (as <i>myo</i> -inositol)	*
Citric Acid	*

*Daily Value not established.

Other Ingredients: Cellulose.

Developed and Manufactured by:
METAGENICS, INC.

Makers of Professional
Quality Supplements

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¹Fully reacted magnesium amino acid chelate:
U.S. Patent No. 5,516,925 Albion®