



Magnesium Taurate is a chelate of magnesium with the amino acid taurine, and it contains 8-10% elemental magnesium by mass. Taurine synergizes with magnesium and helps transport magnesium ions into and out of cells through their cell membranes. Magnesium Taurate is a popular magnesium supplement often used for its ability to support cardiovascular health.*

Suggested Use: As a supplement, take 3 capsules per day. Magnesium Taurate is often used in the evening due to its calming and insomnia reducing effects.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.



*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.



MAGNESIUM TAURATE

1500 mg
per serving

- * Supports Relaxation
- * Supports Cardiovascular Health
- * Promotes Sleep Quality

210 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 70

Amount per Serving	% Daily Value	
Magnesium	120 mg	29%
Magnesium taurate	1500 mg	†

† Daily Value not established

Other Ingredients: Hypromellose (capsule) and rice flour

WARNING: Consult your physician before use if you are taking any medications. Do not exceed 8 capsules per day. Do not use Magnesium Taurate if you are pregnant, nursing, or under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Magnesium Taurate and operate heavy machinery. Keep out of reach of children.

Manufactured for:
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