

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

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Magnesium Optimizer® is a synergistic combination of nutrients that optimize magnesium metabolism.* Magnesium is beneficial for nerve and muscular tissue metabolism.* Magnesium and potassium can be utilized by physically active individuals to support electrolyte levels in the body.* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.* Taurine enhances the effects of magnesium and potassium because taurine aids osmoregulation (maintenance of proper concentration of ions).*

Keep out of the reach of children.

* 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.

Jarrow
FORMULAS

Magnesium Malate

Magnesium Optimizer®

Important for Bone Health*
Supports Muscle Function*



12
Mg

100
TABLETS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 100

	Amount Per Serving	% DV
Magnesium (as magnesium malate)	100 mg	25%
Potassium (as potassium citrate)	50 mg	1%
Taurine	350 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide and a food grade coating.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

**EASY
SOLV**

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
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Lot #. Best Used Before:

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