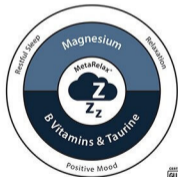


MetaRelax[®] is a great tasting orange citrus flavored magnesium powder blend.

This unique formula features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance.* It also features taurine, vitamins B₆, B₁₂, and folate.

Together, these nutrients help to support restful sleep, positive mood, and relaxation.*



*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.

Why MetaRelax?

- Magnesium plays an important role in calcium metabolism and acts with calcium to support many biological processes, including bone formation, muscle contraction and relaxation, and nervous system health.*
- Folate and vitamin B₁₂ are cofactors in the synthesis of neurotransmitters, including serotonin. Serotonin is associated with mood, sleep, and relaxation.*
- Vitamin B₆ is a factor in the body's conversion of glutamate (a stimulatory neurotransmitter) into gamma-aminobutyric acid (GABA), a neurotransmitter with calming and relaxing properties.*
- Taurine, a sulfur-containing amino acid that is abundant in the central nervous system, may play a role in supporting brain health.*

 Metagenics[®]

MetaRelax[®]

Designed to help support restful sleep,
positive mood, and relaxation*



orange citrus flavor
with other natural flavors

PRACTITIONER EXCLUSIVE

Dietary Supplement

30-(0.11 oz) (3.3 g) Packets
NET WT. (3.49 oz) (99 g)

Supplement Facts

Serving Size 1 Packet (3.3 g)
Servings Per Container 30

Amount Per Packet		% Daily Value
Vitamin B ₆ (as pyridoxine HCl)	2.8 mg	165%
Folate (as folic acid and calcium L-5-methyltetrahydrofolate) [†]	330 mcg DFE (100 mcg folic acid)	83%
Vitamin B ₁₂ (as methylcobalamin)	3 mcg	125%
Magnesium (as magnesium bis-glycinate)	150 mg	36%
Taurine	200 mg	*

*Daily Value not established.

Other Ingredients: Citric acid, natural flavors,^{††} rebaudioside A (from *Stevia rebaudiana* leaf extract), and silica.

MANUFACTURED BY: METAGENICS
GIG HARBOR, WA 98332
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Directions: Mix packet contents into 8 fluid ounces of water once daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: If pregnant or nursing, please consult your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep in a cool, dry place.

[†]As MetaRelax[®], MetaRelax[®] is a registered trademark of Merck KGaA, Darmstadt, Germany
^{††}Me MSG