

ENZYMEDICA®

MAGNESIUM

Mind

Sleep, Daily Stress
& Cognition*

**24%
FASTER
ABSORPTION***

ATA Mg®
High-Bioavailability
Magnesium for the Brain*



60
CAPSULES

Vegan Dietary Supplement

MAGNESIUM You Can Feel



A Soothing Slumber*

We all need sleep – and sometimes life makes it hard. Magnesium helps relieve tension and improve well-being, for a more effective rest.*



Calms Stressful Days*

You have a lot on your plate. Magnesium helps calm your natural stress response so you can find solace and support in your daily life.*



Quick Thinking*

It all starts with your mind. ATA Mg® has been formulated for superior absorption to your brain, so you can feel results fast and support.

*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.

SUGGESTED USE: 1 capsule, two times a day. Consult with physician if you are pregnant or nursing, taking medications or have a medical condition.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	%DV
ATA Mg* 350 mg (as magnesium acetyl taurinate)	83.3%

OTHER INGREDIENTS: Water, Rice Extract, Rice Hulls, Gum Arabic and Sunflower Oil, 100% Vegetarian Capsule (cellulose, gellan gum, water) and L-leucine

CONTAINS NO: Gluten, milk, casein, soy, egg, artificial colors or flavors

Manufactured for Enzymedica, Inc.
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Toll-free: 1-888-918-1118 | enzymedica.com

Do not use if safety seal is broken or missing.

Keep closed in dry place; avoid excessive heat.

**PLEASE KEEP OUT OF REACH OF CHILDREN
NO FILLERS ADDED**

MADE IN USA WITH GLOBAL INGREDIENTS

Rev # 10119C.1



SUPERIOR Absorption*

ATA Mg®

Other Forms



ATA Mg® offers **superior absorption to the brain and your cells** compared to many other forms of magnesium such as citrate & oxide.*

ATA Mg® is a patented form of **magnesium** that combines this potent mineral with **Taurine**, an amino acid used by the body to **transfer magnesium ions** to your cells.

This results in **greater absorption**, which supports improved **cellular and blood-barrier penetration**.*

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