

**USAGE:** Take 3 capsules per day, 2 capsules in the morning and 1 in the evening, with or without 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.

**MagMind® (Magnesium L-Threonate, or Magtein®)** is the only form of magnesium that has been shown, by promising research, to readily cross the blood-brain barrier and provide significant positive effects on cognition, memory and brain health.\* MagMind® may also improve relaxation and sleep quality.\*

**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**  
F O R M U L A S

Magnesium L-Threonate (Magtein®)

**MagMind®**

Supports Cognition\*  
and Brain Health\*

90 DIETARY  
CAPSULES SUPPLEMENT

## Supplement Facts

Serving Size 3 Capsules

Servings Per Container 30

**Amount Per Serving %DV**

|                                               |        |     |
|-----------------------------------------------|--------|-----|
| Magnesium (elemental) (from 2000 mg Magtein®) | 144 mg | 36% |
| Magnesium L-Threonate                         |        |     |

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of gelatin.

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

**Store in a cool, dry place. Do not refrigerate.**

Magtein® is a trademark of Magceutics, Inc. Multiple Patents Pending.

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)

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Lot #. Best Used Before:

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