

SUGGESTED USE: Adults take 2 tablets 1-2 times a day with meals or as directed by your qualified healthcare professional.

Magnesium Optimizer® is a synergistic combination of nutrients to support optimizing magnesium status.* Magnesium supports nerve, muscle function, and bone health.* Magnesium can be utilized by physically active individuals to support exercise and endurance activities.* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.* Taurine supports magnesium status and aids in osmoregulation.* Pyridoxal 5-Phosphate (P-5-P) is the coenzyme form of vitamin B₆ and supports the metabolism of proteins and amino acids.* Magnesium and vitamin B₆ are cofactors in multiple enzyme systems in the body.* Together, magnesium and vitamin B₆ support cellular energy production including the synthesis of ATP, the universal energy molecule.*

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

*** 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.**

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow
FORMULAS®**

VEGAN

Magnesium Optimizer®

SYNERGISTIC NUTRIENTS

Supports nerve, muscle function,
and bone health*

✓ **non-gmo**

🌿 **gluten free**

200 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxal 5-Phosphate)	2 mg	118%
Magnesium (as Magnesium Malate)	100 mg	24%
Potassium (as Potassium Citrate)	50 mg	1%
Taurine	350 mg	†

† Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, calcium carbonate, hydroxypropyl cellulose, croscarmellose sodium, magnesium stearate (vegetable source), coating (hydroxypropylmethylcellulose, glycerin) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154

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



12122MP PROD # 113007



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APPROX.
FILL LINE