

**Suggested Use:** Take 4 capsules (2 grams) per day in divided doses as follows: 2 capsules (1 gram) should be taken in the morning. 2 capsules (1 gram) should be taken two hours before sleep. 2 capsules (1 gram) at night is recommended in the first week of taking Magtein®.

**PRECAUTIONS:**

- Consult your doctor if taking prescription drugs along with Magtein®.
- Not recommended for children nor women who are pregnant or breastfeeding.
- Do not use if safety seal is damaged or missing.
- Maximum dose of 8 capsules (4 grams) per day.
- Like other magnesium products, Magtein® may induce sleepiness, drowsiness or headaches. This may indicate a magnesium deficiency and is temporary. Reduce the dosage, consult a doctor or discontinue use if conditions persist for more than one week.

Magtein® is protected under a family of US patents, pending patents, and is protected worldwide. Magtein® is a trademark of Magceutics®, Inc. and is distributed exclusively by AIDP, Inc.

\*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.



Magtein®

**MAGNESIUM  
L-THREONATE**

**2000 mg  
per serving**

\* A Bioavailable form of Magnesium

**100 Capsules  
Dietary Supplement**

# Supplement Facts

**Serving Size: 4 Capsules**  
**Servings Per Container: 25**

Amount per Serving	% Daily Value	
Magnesium L-Threonate (Magtein®)	2000mg	†
Providing elemental magnesium	144mg	34.29%

† Daily Value not established

**Other Ingredients:** Gelatin (capsule), Rice Flour

**WARNING:** Consult your physician before using this product. Do not consume more than 8 capsules per day. Do not take this product if you are pregnant, nursing, or taking any other medications. Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take Magnesium L-Threonate and operate any heavy machinery until you know how it affects you. Keep out of reach of children.

**Manufactured for:**  
Double Wood LLC

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