

At Doctor's Best, our high absorption magnesium is the ultimate multitasker, crucial for a range of bodily functions. Our specialized magnesium formula provides essential support for muscles, nerves, sleep quality, and maintaining a balanced mood.\*

- Essential in 600 enzyme systems that support biochemical functions\*
- Up to 6x better absorbed than other forms of magnesium\*
- TRAACS® chelate technology from Albion®

Non-GMO • Gluten Free  
Soy Free • Vegan • 100% Chelated

[doctorsbest.com](http://doctorsbest.com)

\*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.

YDRB025-9



200 mg Per Serving • 120 Tablets  
Dietary Supplement

Doctor's  
BEST

Science-Based  
Nutrition™

High Absorption  
Magnesium  
Lysinate Glycinate  
100% Chelated

Muscle Relaxation & Sleep Support\*

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Magnesium (from 2,000 mg magnesium lysinate glycinate chelate)(Albion®)	200 mg	48%

**Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable source), stearic acid, hydroxypropyl cellulose, silicon dioxide, hypromellose.

Manufactured for Doctor's Best, Inc.  
Tustin, California, 92780 USA (800) 777-2474

**Suggested Adult Use:** Take 2 tablets twice daily, or as recommended by a nutritionally informed physician.

Store in a cool dry place.

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