

**Magnesium + Ashwagandha** features three distinct forms of Magnesium that are highly-bioavailable and non-laxative for maximum health benefits\*. This formula is designed to promote whole-body and mind wellness by delivering a targeted combination of nutrients in combination with Sensoril® Ashwagandha Extract to help you mentally and physically conquer your day, and recover well at night.\* When used daily, this product can support:

**Stress Management & Recovery** – Sensoril® Ashwagandha Extract helps reduce the negative impact that stress has on the body and mind.\* Bioavailable magnesium helps to relax the body and replenish nutrient stores for optimized recovery after a long and stressful day.\*

**Mood Balance** – Magnesium and activated Vitamin B6 (PSP) play important roles in managing important biochemistry related to mood and motivation.\*

**Immune Defenses** – Magnesium, Vitamin D3, and Zinc are daily essentials for the regular health maintenance of your primary immune defenses.\*

**Bone & Muscle Support** – Magnesium along with Vitamin D3 + Vitamin K2 (as MK-7) and Zinc provide important nutritional support for the regular health maintenance of your physical structure.\*

Integrate this product into your daily nutrition plan to optimize and maintain the health of your mind and body.\*

#### What makes us different:

**Liquid Soft-Gels** – The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



**Quality Assurance** – Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



**Global Responsibility** – Over the years we have donated to organizations that support the environment and the health of our children.



**Patented BioPerine®** – Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.\*

**Usage Warnings:** Do not use if safety seal is broken. This product contains ingredients that may affect blood sugar. Check with your doctor before using this product and engaging in activity, if you are using medication or have any medical conditions. Vitamin K should not be used by individuals with liver disease, kidney disease, and/or blood disorders. Those individuals currently taking anticoagulant medications such as Coumadin (Warfarin) should consult with their doctor before taking supplemental Vitamin K. Do not use if you may become pregnant, are pregnant, or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs  
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)  
[Questions@IrwinNaturals.com](mailto:Questions@IrwinNaturals.com)

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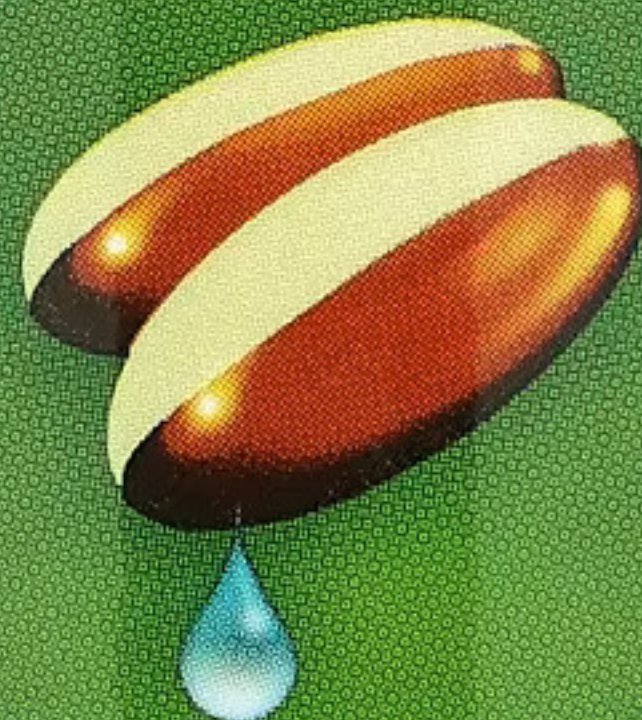
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## TRIPLE-SOURCE MAGNESIUM + ASHWAGANDHA



### Recovery | Balance | Stress

Mind and Body Recovery Formula  
Targeting Key Systems  
to Improve Overall Health\*

## 60 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

### Full Disclosure Ingredient Panel

**DIRECTIONS:** (Adult) Take three (3) Liquid Soft-Gels, up to two times per day, with food and a full glass (8oz) of water.

## Supplement Facts

Serving Size: 3 Liquid Soft-Gels

Servings per Container: 20

|                                                                                                                                             | Amount per Serving | %Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------|
| Calories                                                                                                                                    | 30                 |              |
| Total Fat                                                                                                                                   | 1.5 g              | 2%**         |
| Protein                                                                                                                                     | 3 g                |              |
| Vitamin D3 (as Cholecalciferol)                                                                                                             | 50 mcg             | 250%         |
| Vitamin B6 (as Pyridoxal-5-Phosphate)                                                                                                       | 10 mg              | 588%         |
| Magnesium (as 42% Magnesium Glycinate, 42% Magnesium Aspartate and 16% (Magnesium Hydroxide from Irish Seawater, Aquamin® Mg Sea Minerals)) | 150 mg             | 36%          |
| Zinc (as Zinc Methionine) OptiZinc®                                                                                                         | 15 mg              | 136%         |
| Copper (as Copper Citrate)                                                                                                                  | 1 mg               | 111%         |
| Flaxseed Oil (seed)                                                                                                                         | 1650 mg            | †            |
| Sensoril® Ashwagandha ( <i>Withania somnifera</i> ) extract (root, leaf)                                                                    | 125 mg             | †            |
| Vitamin K2 (as Menaquinone-7, MK-7)                                                                                                         | 60 mcg             | †            |
| BioPerine Complex                                                                                                                           | 3 mg               | †            |
| BioPerine® Black Pepper extract (95% piperine)(fruit),<br>Ginger extract (5% gingerols)(rhizome)                                            |                    |              |

\*\*% Daily Value based on a 2,000 calorie diet

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, beeswax, sunflower lecithin, annatto (color), titanium dioxide (color), dicalcium phosphate, caramel (color), red cabbage extract (color) and maltodextrin.

• BioPERINE® is a registered trademark of Sabinsa Corporation.

Aquamin® is a registered trademark of Marigot Ltd. of Cork Ireland.

OptiZinc® is a Lonza trademark, registered in USA.

SENSORIL® is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478, and is a registered trademark of Natreon, Inc.