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Cenitol® supports healthy overall nervous system function by featuring inositol, an important naturally occurring component of cell membranes. Inositol plays a major role in cell signaling by functioning as a precursor of an intracellular second messenger system. This system is responsible for regulating a large number of key cellular processes in the body, especially in the brain.*

*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.

Cenitol also supplies magnesium in the form of a fully reacted amino acid chelate for nervous system support. These two complementary ingredients are supplied in powder form for ease of delivery and enhanced dosing flexibility.*

Directions: Mix about one scoop (7.4 g) in water or juice one to three times daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: If pregnant or nursing, or taking medication—including lithium—consult your healthcare practitioner before use.

Tamper Evident: Do not use if safety seal is missing or broken.

Storage: Keep tightly closed in a cool, dry place.



 **Metagenics®**

Cenitol®

Nervous system support*

DIETARY
SUPPLEMENT

NET WT 7.8 oz (222 g)

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size About 1 Scoop (7.4 g)

Servings Per Container 30 (by weight)

	Amount Per Serving	% Daily Value
Magnesium (as magnesium bis-glycinate) [†]	200 mg	48%
Inositol (as <i>myo</i> -inositol)	4 g	*
Citric Acid	800 mg	*

*Daily Value not established.

Other Ingredients: Cellulose.

MANUFACTURED BY: METAGENICS
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[†]Fully reacted magnesium amino acid chelate.