

Suggested Usage: Take 3 capsules daily in divided doses (take 1 capsule during the daytime, preferably in mid-afternoon and take 2 capsules one hour before sleep).

Magnesium (Mg) is an essential mineral best known for its role in bone and nervous system function.* Recent research has demonstrated that it is also critical for normal brain health and normal cognitive function by maintaining the density and stability of neuronal synapses.* However, most forms of Mg are not easily absorbed into the nervous system.* Magtein™ is a patented form of Mg that readily crosses the blood-brain barrier for utilization in the brain.* Laboratory studies indicate that Magtein™ supports brain health and may facilitate learning and memory, as well as a relaxed mood.*

*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.

Caution: For adults only. Like other magnesium products, Magtein™ may induce sleepiness, drowsiness or headaches at first. Reduce the dosage, consult a doctor or discontinue use if conditions persist for more than one week. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CODE 2390 V3



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CAPSULE SIZE



Magtein™

Magnesium L-Threonate

Cognitive Support*

- Supports Memory and Learning*
- Promotes Brain Health*

90 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

General Health

Family owned since 1968.

Supplement Facts

Serving Size 3 Veg Capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (from Magtein™ Magnesium L-Threonate)	144 mg	36%
Magtein™ (Magnesium L-Threonate)	2 g (2,000 mg)	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Magtein™ is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein™ is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents.

