

High Absorption Magnesium contains elemental magnesium chelated with the amino acids glycine and lysine. As an essential dietary mineral, magnesium plays many important roles which include: helping cells produce metabolic energy, supporting optimum nerve function, helping muscles relax properly and maintaining a healthy heartbeat.* Glycine has been shown to be an efficient carrier for minerals that facilitate absorption in the intestinal tract.*

Facilitates the body's energy production*
Helps maintain healthy muscle contraction*
Supports nervous system electrical activity*
Promotes health across the lifespan*

*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.



YDRB025-2



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**PROMOTES ENERGY PRODUCTION
FOR HEART, CIRCULATION & BRAIN***

120 Tablets



**Doctor's
BEST®**

**Science-Based
Nutrition™**
Dietary
Supplement

**High
Absorption**

**100% Chelated
Magnesium**

Supplement Facts

Serving Size 2 tablets
Servings per container 60 servings

Amount per serving % Daily Value

Magnesium (elemental) 200 mg 50%
(from 2,000 mg magnesium glycinate/lysinate chelate**)

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate (vegetable source), modified cellulose (coating).

Suggested Adult Use: Take 2 tablets twice daily, with or without food, or as recommended by a nutritionally-informed physician.

** Amino acid chelate supplied by Albion Advanced Nutrition. The Albion medallion design is a registered trademark of Albion Laboratories, Inc. Chelate covered by Albion International, Inc., U.S. patent 7,838,042.

Non-GMO and Gluten Free

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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