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.**

Manufactured for **Doctor's Best, Inc.**
San Clemente, CA 92673
(800) 777-2474
www.drbvitamins.com

Doctor's BEST®

Science-Based Nutrition™

Dietary Supplement

High Absorption 100% Chelated Magnesium

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ALBION MINERALS

Fully Reacted! Not Buffered!

PROMOTES ENERGY PRODUCTION FOR HEART, CIRCULATION & BRAIN*

TRAACS®

240 Tablets Vegan

Supplement Facts

Serving Size 2 tablets
Servings per container 120 servings

Amount per serving	% Daily Value
Magnesium (elemental) 200 mg	50%
(from 2,000 mg magnesium glycinate/lysinate chelate**)	

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

Suggested Adult Use: Take 2 tablets once or twice daily, with 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 / Gluten Free / Vegan
Store in a cool dry place.

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