

USAGE: Take 2 tablets 1 or 2 times per day, preferably with meals or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Magnesium Optimizer® is a synergistic combination of nutrients that optimize magnesium metabolism.* Magnesium is beneficial for nerve and muscular tissue metabolism.* Magnesium and potassium can be utilized by physically active individuals to support electrolyte levels in the body.* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.* Taurine enhances the effects of magnesium and potassium because taurine aids in osmoregulation (maintenance of proper concentration of ions).* Pyridoxal 5-Phosphate (P-5-P) is the coenzyme form of vitamin B₆ and is necessary for the metabolism of proteins and amino acids.* Magnesium and vitamin B₆ are cofactors in multiple enzyme systems in the body.* Together, magnesium and vitamin B₆ support central nervous system biochemistry, including the synthesis of the universal energy molecule ATP.*

**Keep out of the reach of children.
Store in a cool, dry place.**

* 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.

Lot #. Best Used Before:

Jarrow
FORMULAS®



Magnesium Malate

with P-5-P

Magnesium Optimizer®

Important for Bone Health*
Supports Muscle Function*

12

Mg



200
TABLETS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxal 5-Phosphate)	2 mg	120%
Magnesium (as Magnesium Malate)	100 mg	25%
Potassium (as Potassium Citrate)	50 mg	1%
Taurine	350 mg	†

† Daily Value not established.

APPROX.
FILL LINE

Other Ingredients: Cellulose, calcium carbonate, magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Suitable for vegetarians/vegans.



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