

Suggested Usage: Take 3 capsules daily in divided doses (take 1 capsule in the morning and take 2 capsules two hours 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 2390B V6



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 (elemental) (from 2,000 mg Magtein® Magnesium L-Threonate)	144 mg	34%
Magtein® (Magnesium L-Threonate)	2 g (2,000 mg)	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Rice Flour, Stearic Acid (vegetable source) and Silicon Dioxide.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

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

Magtein® is protected under a family of US patents, pending patents, and is protected worldwide. Magtein® is a trademark of Magceutics®, Inc. and is distributed exclusively by AIDP, Inc.