

Doctor's Best High Absorption Magnesium uses a patented, organic, chelated delivery form of magnesium to optimize bioavailability and GI tolerance.* 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 and lysine have been shown to be efficient carriers for minerals that facilitate absorption in the intestinal tract.*

Helps to support normal magnesium levels that decrease with age*

Made with a patented, organic form of bioavailable magnesium that is 100% chelated *

Contains magnesium chelated with amino acids, L-Glycine and L-Lysine, providing high absorption*

*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.



YDRB025-4



Dietary Supplement

Doctor's BEST

Science-Based Nutrition™

High Absorption Magnesium

100% Chelated with



HELPS SUPPORT BONE, HEART, NERVE AND MUSCLE HEALTH*

120 Tablets *Vegan*

Supplement Facts

Serving Size 2 tablets
Servings per container 60 servings

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

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable source), stearic acid, hypromellose, silicon dioxide, starch, glycerin, hydroxypropyl cellulose.

Suggested Adult Use: Take 2 tablets, once or twice daily based on dietary needs, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

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

(800) 777-2474 www.drbitamins.com

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