

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.



YDRB087-5



Dietary Supplement

**Doctor's
BEST**®

Science-Based
Nutrition™

**High
Absorption
Magnesium**

100% Chelated with



HELPS SUPPORT BONE, HEART,
NERVE AND MUSCLE HEALTH*

240 Tablets



Supplement Facts

Serving Size 2 tablets

Servings per container 120 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, CA 92673
(800) 777-2474
www.drbitamins.com

The Albion Gold Medallion design is a registered trademark of Albion Laboratories, Inc.