

# Magnesium L-Threonate

- Supports brain health
- Supports normal cognitive function

Magnesium L-Threonate uses the unique, patented mineral Magtein®— a magnesium chelated to threonic acid (magnesium L-threonate) — a highly bioavailable form that has the potential to cross the blood-brain barrier. This form of magnesium has been shown to be superior in increasing magnesium levels compared with other forms. Research demonstrates that elevating brain magnesium content through supplementation with magnesium L-threonate may be a useful strategy to support cognitive abilities and decrease common age-related memory decline.\*

Research has found that magnesium L-threonate is a supplemental form of magnesium that may be more effective in crossing the blood-brain barrier to support brain health and promote normal cognitive function.\* Magnesium plays many key roles in the body, including its role as an essential nutrient cofactor for more than 300 enzymatic reactions to take place to support normal physiology. Several functions of magnesium promote normal brain and cognitive function.\*

## Highlights

- 145 mg of chelated magnesium per serving from 2 g of Magtein® magnesium L-threonate
- Highly bioavailable magnesium demonstrated to cross the blood-brain barrier and support brain health\*

## Directions

Take 3 capsules per day or as directed by your health-care practitioner. (Divided dosing recommended.)

## Supplement Facts

Serving Size 3 capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Magnesium	145 mg	34%
(from 2 g Magtein® Magnesium L-Threonate)		

**Other Ingredients:** Cellulose (capsule), dicalcium phosphate, vegetable stearate, microcrystalline cellulose.

\*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.