



Magnesium Complex

Maximize Absorption for Optimal Wellness: Magnesium Complex, Your High-Bioavailability Magnesium Solution.

Staying healthy and active requires a balanced diet rich in essential nutrients. Studies show a widespread magnesium deficiency in today's population, making it essential for adults to supplement with a high-quality, bioavailable magnesium complex.

Magnesium Complex is a highly bioavailable formulation featuring four forms of magnesium— Bisglycinate, Malate, Citrate, and Oxide—alongside Vitamin B6 and sustainably sourced Caribbean Coral Calcium. This unique combination ensures optimal absorption and provides essential trace minerals to support overall wellness. High-absorption magnesium plays a critical role in muscle function, electrolyte balance, and energy production, while also managing muscle cramps, promoting relaxation, and supporting restful sleep.*

Features

- 100% vegan non-GMO formula.*
- Combines 4 excellent forms of magnesium for optimal absorption.*
- Added Vitamin B6 for enhanced bioavailability.*
- Sustainably sourced Caribbean Coral Calcium.*
- Supports electrolyte balance and overall well-being.*

Benefits

- Helps maintain a healthy heart and blood pressure.*
- Supports calcium absorption for strong bones and teeth.*
- Provides essential electrolytes to balance the body's pH levels.*



Main Ingredients

Each Serving (1 capsule) Contains:

Vitamin B6	90 mg
(from Pyridoxine HCl)	
Elemental Calcium	150 mg
(from uncalcinated above sea harvested coral Caribbean calcium)	
Elemental Magnesium	450 mg
(from magnesium malate 900mg, oxide 390mg, citrate 300mg, bisglycinate 300 mg)	

Other Ingredients

Microcrystalline cellulose, hypromellose (vegetarian capsule shell), vegetable magnesium stearate.

Suggested Use

One capsule three times daily preferably with a meal, or as directed by a healthcare professional.

Cautions

It is always recommended to consult your healthcare provider before taking any dietary supplement, if you are undergoing treatment for a medical condition, or if you are pregnant or lactating. Some people may experience diarrhea.

Do not use if safety seal is damaged or missing.
Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN.

Does not contain: GMO ingredients, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soy



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Everyday Wellness Category

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.