

MAGNESIUM COMPLEX

Magnesium Glycinate, Magnesium Aspartate & Magnesium Taurinate

Magnesium Complex is a blend of three highly absorbable forms of the essential mineral magnesium. As a cofactor required in numerous enzymatic reactions, magnesium plays a critical role in energy production, DNA synthesis, healthy muscle function, cell signaling, and functions essential for brain and cardiac health.*

In addition to demonstrating superior absorbability, the magnesium chelates in this formula are well tolerated and less likely to cause digestive upset than certain other forms of magnesium.

- ✓ Supports cellular and metabolic health*
- ✓ Promotes normal muscle activity and relaxation*
- ✓ Supports cognitive health and healthy cardiovascular function*
- ✓ Highly absorbable blend of three magnesium chelates
- ✓ Non-GMO, certified Vegan



Supplement Facts

Serving Size: 3 Capsules
Servings per container: 30

Amount Per Serving	% Daily Value**	
Calories	10	
Magnesium	225 mg	54%
(as 33% Magnesium Glycinate, 33% Magnesium Aspartate and 33% Magnesium Taurinate)		

** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: capsule (vegetable cellulose), citric acid, magnesium stearate, microcrystalline cellulose, silica.

No gluten, milk derivatives, wheat, soy, or artificial colors or flavors.



831.724.6200 x2 | nordicnaturals.com



* 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.