

NEW MULTIVITAMINS, VITAMINS & MINERALS

Magnesium Gummy

HIGHEST DOSE OF MAGNESIUM (CITRATE) PER GUMMY AMONG LEADING PROFESSIONAL BRANDS

Many U.S. adults fall short of the recommended dietary allowance (RDA; 400-420 mg for men and 310-320 mg for women) and nearly half of Americans fail to meet the estimated average requirement (EAR) for magnesium (255-350 mg). The EAR is estimated to meet the needs of 50% of healthy individuals.¹ RDA and EAR values differ for children ages 9-18.



Less than 0.5 g of sugar per gummy



Supports emotional well-being, positive mood, relaxation and a healthy stress response[†]



For ages 9 and up

Formulated for patients who have **difficulty meeting magnesium requirements from diet alone.**

RESEARCH STUDIES

- Magnesium plays an **essential role in neuronal communication**, supporting the function of GABA and other key neurotransmitters with calming and relaxing effects.^{2-5†}
- Higher dietary magnesium intakes are associated with **healthy responses to stress, positive mood, and emotional well-being.**^{6-10†}
- Magnesium also plays an **important role in muscle relaxation.**^{11-13†}
- Each gummy provides 150 mg of magnesium citrate, a **highly bioavailable form better absorbed than magnesium oxide.**

Supplement Facts

1 gummy daily, with meals.

1 gummy contains:

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Calories | 15 |
| Total Carbohydrate | 4 g |
| Dietary Fiber | 1 g |
| Total Sugars | 1 g |
| Includes <0.5 g of Added Sugars | |
| Magnesium (as magnesium citrate) | 150 mg |
| Other ingredients: fructooligosaccharides, pectin, agar, tapioca starch, purified water, natural mixed berry and vanilla flavors, citric acid, black carrot concentrate (color), trisodium citrate, carnauba wax | |



| Magnesium Gummy | Quantity | Order Code |
|-----------------|----------|------------|
| | 60 | MGG6 |

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



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