

Magnesium Gummy

Supports cardiometabolic, neurocognitive and musculoskeletal health[‡]

INDICATIONS

- Ages 9 and up
- For individuals who have difficulty meeting magnesium requirements from diet alone

BENEFITS

- Convenient way to increase daily magnesium intake
- Higher magnesium intakes support emotional well-being, positive mood, relaxation and a healthy stress response[‡]

FEATURES

- Excellent source of magnesium (150 mg per gummy)
- One gummy contains as much magnesium as 46 almonds¹⁴
- Highly bioavailable form of magnesium
- Less than <0.5g of sugar per gummy
- Great-tasting berry vanilla flavor
- Made with no gelatin
- Free from artificial flavors, sweeteners or synthetic colors
- Suitable for vegans and vegetarians
- Made with hypoallergenic, vegan ingredients

VERIFIABLE SCIENCE

Many U.S. adults fall short of the recommended dietary allowance (RDA; 400-420 mg for men and 310-320 mg for women). Nearly half (48%) of Americans fail to meet the estimated average requirement (EAR) for magnesium (255-350 mg), an amount that is estimated to meet the needs of 50% of healthy individuals.¹ Magnesium plays essential roles in neuronal communication (neurotransmission), supporting the function of GABA and other key neurotransmitters with calming and relaxing effects.²⁻⁵ Accordingly, 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.[‡]

SUGGESTED USE

As a dietary supplement, adults and children ages 9 and up, take 1 gummy daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Magnesium citrate is from elemental ore and corn dextrose fermentation
- Chicory root fiber is derived from chicory inulin
- Pectin is derived from citrus peel

NOTES

60 count gummies

Order code MGG6

Bottle size 500CC

REFERENCES

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SUPPLEMENT FACTS

1 gummy daily, with meals.

One gummy contains:

Calories	15
Total carbohydrate	4 g
Dietary fiber	1 g
Total sugars	1 g

Includes <0.5 g added sugars

Magnesium (as magnesium citrate)	150 mg
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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

[†]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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