

CogniMag

Featuring Magtein™ Magnesium-L-Threonate

INDICATIONS

- Ages 18 and up
- Cognitive support†

BENEFITS

- Promotes cognitive function, learning ability and working memory†
- Supports optimal brain magnesium levels†

FEATURES

- Magnesium-l-threonate and polyphenol blend
- Proprietary blend provides an antioxidant and phytochemical complex from blueberry, strawberry and spinach
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Supports optimal brain magnesium levels to promote cognitive function, learning ability and working memory. Animal research suggests that magnesium-l-threonate may promote synaptic plasticity and density in the regions of the hippocampus correlated with learning and memory.¹ In a clinical trial of 44 participants aged 50-70, magnesium l-threonate (Magtein™) provided significant support for cognitive processing speed, executive function and overall cognitive ability after only 6 weeks.² An in vitro study demonstrated that PhytoMemory, a blend of blueberry, strawberry and spinach extracts, maintained healthy activity of prolyl endopeptidase (PEP), a protein involved in learning and memory.³ Consumption of blueberries, strawberries and spinach has been associated with brain health in clinical studies.^{4†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, twice daily, with a meal and at bedtime.

STORAGE

Store in a cool, dry place.

WARNING

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

SOURCE

- Magnesium-l-threonate is sourced from elemental ore magnesium and synthetic threonate
- Wild blueberry extract is derived from *Vaccinium angustifolium* fruit
- Orléans strawberry extract is derived from *Fragaria vesca* var. Orléans fruit
- Spinach extract is derived from *Spinacia oleracea* leaves
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

NOTES

Size 0 caps

Bottle count 120

Order code CGM21

Bottle size 190 cc

REFERENCES

1. Slutsky I, et al. *Neuron*. 2010 Jan 28;65(2):165-77.
2. Liu G, et al. *J of Alzheimer's Disease*, vol. 49, no. 4 (October 2015): 971-990
3. Heim KC, et al. *J Med Food*. 2012 Sep;15(9):851-4.
4. Travica N, et al. *Brain Behav Immun*. 2020 Mar;85:96-105.

SUPPLEMENT FACTS

2 capsules, twice daily, with a meal and at bedtime.

Two (size 0) vegetarian capsules contain:

Magnesium (from 1,000 mg Magtein™ magnesium-l-threonate)	72 mg
PhytoMemory proprietary blend	50 mg

Providing:

Wild blueberry (*Vaccinium angustifolium*) extract (fruit),
Orléans strawberry (*Fragaria x ananassa*) extract (fruit),
and spinach (*Spinacia oleracea*) juice concentrate (leaf)

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Magtein™ is a trademark of Magceutics, Inc. and is distributed exclusively by AIDP, Inc. Magtein is protected under US patents 8,178,118; 8,142,803; 8,163,301; and other pending patents.



CogniMag	Quantity	Order Code
	120	CGM21

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