

Neuro-Mag® Magnesium L-Threonate

Item #01603 • 90 vegetarian capsules

Neuro-Mag® Magnesium L-Threonate with Calcium and Vitamin D3

Item #01602 • Net Wt. 225 g (0.496 lb. or 7.94 oz.)

Supports healthy memory and cognitive function

Profound shrinkage of **synaptic connections** between nerve cells is one of the major hallmarks associated with brain aging. **Magnesium** is a critical factor in controlling **synaptic density** in the brain.¹

An innovative form of magnesium called **Neuro-Mag®** has been shown to specifically target multiple areas of the aging brain. In fact, preclinical models show that the *magnesium L-threonate* contained in **Neuro-Mag®** boosted levels of magnesium in spinal fluid by **15%** versus no increase from conventional magnesium.² This means that this form of **magnesium** is passing through the blood-brain barrier for assimilation into the **brain**.

Comprehensive Cognitive Benefits

Scientists continue to uncover **magnesium's** comprehensive benefits for cognitive function.^{1,3} Studies using *magnesium L-threonate* show this unique form of magnesium maintains the quantity of *synaptic* connections between brain cells and inhibits the dysregulation of signaling pathways.¹

Neuro-Mag® ... Capsules or Powder

The suggested daily dose of three **Neuro-Mag®** capsules provides **2,000 mg** of **Magnesium L-Threonate**. While supplying a modest **144 mg** of elemental magnesium, its superior absorption into the bloodstream and nervous system make it a preferred choice for maturing individuals to supplement with.

This same brain-health supporting magnesium is also available in a powder called **Neuro-Mag® Magnesium L-Threonate with Calcium and Vitamin D3**. In addition to its fresh lemon flavor, the one-scoop-per-day serving supplies the same amount of magnesium as the capsules, plus **500 mg** of highly soluble calcium and **1,000 IU** of vitamin D3.

References

1. *J Neurosci*. 2013 May 8;33(19):8423-41.
2. *Neuron*. 2010 Jan 28;65(2):165-77.
3. *Yale J Biol Med*. 1933 Jul;5(6):545-53.



Specific to #01603

Three vegetarian capsules contain:

Magnesium (from 2000 mg Magtein™ 144 mg magnesium L-threonate)

Other ingredients: vegetable cellulose (capsule), rice bran, stearic acid, silica.

Dosage and use

- Take three capsules daily with or without food, or as recommended by a healthcare practitioner.



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One scoop (approx. 7.5 g) contains:

Vitamin D3 (as cholecalciferol) 1000 IU
 Calcium (as calcium lactate gluconate) 500 mg
 Magnesium (from 2000 mg Magtein™ 144 mg magnesium L-threonate)

Other ingredients: natural lemon flavor, citric acid, maltodextrin, gum arabic, malic acid, stevia extract.

Dosage and use

- Mix one scoop daily with water or juice to taste. Best if taken with food, or as recommended by a healthcare practitioner.

Magnesium L-Threonate has less of a laxative effect than other forms of magnesium.

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