



Cenitol®

Nervous System Support

Cenitol® supports healthy overall nervous system function by featuring inositol, an important naturally occurring component of cell membranes. Inositol plays a major role in cell signalling by functioning as a precursor of an intracellular second messenger system. This system is responsible for regulating a large number of key cellular processes in the body. Cenitol also supplies magnesium in the form of a fully reacted amino acid chelate for nervous system support. These two complementary ingredients are supplied in powder form for ease of delivery and enhanced dosing flexibility.

Why Cenitol?

- Contains myo-inositol, which has been studied for its potential to regulate hormone balance.
- Clinical doses of myo-inositol are best achieved in powdered delivery. Powdered formulas allow therapeutic amounts of ingredients that are difficult to achieve in tablets or capsules.
- Magnesium supports healthy energy metabolism and nervous system function. The magnesium in this formula is provided as bisglycinate, the gentle, easy to absorb form of magnesium.
- Supplied in powder form for ease of delivery and enhanced dosing flexibility.

Form: 222 g Powder
Serving Size: About 1 Scoop (7.4 g)

Ingredient	Amount Per Serving
Magnesium..... (as magnesium bisglycinate ¹)	200 mg
Inositol..... (as <i>myo</i> -inositol)	4 g
Citric Acid	800 mg

Other Ingredients: Cellulose.

Directions: Mix about one scoop (7.4 g) in water or juice one to three times daily or as directed by your healthcare practitioner.

This product is non-GMO, gluten-free, and vegetarian.

Caution: If pregnant or nursing, or taking medication—including lithium—consult your healthcare practitioner before use.

Storage: Keep tightly closed in a cool, dry place.

¹ Fully reacted magnesium amino acid chelate: U.S. Patent No. 5,516,925 Albion®.

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