⊘ **Metagenics**®

Mag L-Threonate

Designed to Help Support Cognitive Health

Memory and Mood

Mag L-Threonate features magnesium L-threonate as Magtein®, designed to help support cognitive health. Magnesium, a divalent cation, is important for neuronal activity as it binds to neurotransmitter receptors and is a co-factor for neuronal enzymes.

Why Mag L-Threonate?

- Magnesium L-threonate administered at 1.5 or 2 grams daily inaddition to vitamins C and D showed improvement in measures of cognitive and executive function in older adults compared to those given placebo and vitamins.

- Aged animals given magnesium L-threonate showed improvement in spatial memory (memory in relation to environment) and spatial orientation; these improvements declined with discontinuation of magnesium L-threonate.

- Magnesium L-threonate has been shown to upregulate expression of the NR2B subunit of the NMDA receptor in cultured hippocampal neurons. This action is thought to enhance memory by increasing long-term potentiation (i.e., synaptic efficiency), which is critical for learning.

- The only form of Magnesium that effectively crosses the blood brain barrier

- Reduced the risk of mild cognitive decline by 84%

- Improved memory modulators in the brain by 92%

Ingredient	Amount per serving
Form: 60 or 120 Capsules **Serving Size:** 3 Capsules	
Magnesium (as magnesium L-threonate)	147 mg
Magnesium L-Threonate††	2 g

Other Ingredients: Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, stearic acid (vegetable), and silica.

Directions: Take three capsules in divided doses daily: one capsule in the morning and two capsules two hours before sleep as a dietary supplement, or as directed by your healthcare practitioner.

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

Caution: If pregnant or nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children

Tamper Evident: Do not use if safety seal is missing or broken.

Storage: Keep tightly closed in a cool, dry place

References available upon request

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Advanced Nutrition, Lifestyle and Functional Medicine

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