



MetaRelax

Designed to help promote restful sleep,
positive mood, and relaxation

MetaRelax is a great tasting orange citrus flavored magnesium powder blend.

This unique formula features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance. It also features taurine, vitamins B6, B12, and folate.

Together, these nutrients help to promote restful sleep, positive mood, and relaxation.

Why MetaRelax?

- Magnesium plays an important role in calcium metabolism and acts with calcium to support many biological processes, including bone formation, muscle contraction and relaxation, and nervous system health.
- Folate and vitamin B12 are cofactors in the synthesis of neurotransmitters, including serotonin. Serotonin is associated with mood, sleep, and relaxation.
- Vitamin B6 is a factor in the body's conversion of glutamate (a stimulatory neurotransmitter) into gamma-amino-butyric acid (GABA), a neurotransmitter with calming and relaxing properties.
- Taurine, a sulfur-containing amino acid that is abundant in the central nervous system, may play a role in supporting brain health.

Form: 30 Packets
Serving Size: 1 Packet

Ingredient:	Amount Per Serving
Vitamin B6 (as pyridoxine HCl)	2.8 mg
Folate (as folic acid and calcium L-5-methyltetrahydrofolate†)	200 mg
Vitamin B12 (as methylcobalamin)	3 mcg
N-Acetylcysteine	150 mg
Magnesium (as magnesium bis-glycinate) glucoisolate)	200 mg
Taurine	

Other Ingredients: Citric acid, natural flavours††, rebaudioside A (from Stevia rebaudiana leaf extract), and silica.

Directions: Mix packet contents into 250ml of water once daily or as directed by your healthcare practitioner.

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

Storage: Keep in a cool, dry place.

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

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.