

# NeuroMag™

Support for healthy mental function

NeuroMag™ features the unique mineral, magnesium L-threonate, which is magnesium chelated to threonic acid (a metabolite of vitamin C). Magnesium L-threonate has been found to be superior to other forms of magnesium at getting through the blood brain barrier, as it is able to transport magnesium molecules across lipid membranes, including brain cells. This product is a chelated mineral, which refers to how magnesium-L-threonate is bonded together, allowing for optimal absorption and utilization.

## Magnesium and the Brain

Magnesium is one of the most critical minerals in the human body, where it is involved in over 300 enzyme reactions. It plays a pivotal role in healthy bone growth, energy production, muscle relaxation, heart health, and in supporting a healthy nervous system. Our nervous system relies on magnesium to help regulate calcium and potassium molecules in nerve tissues, as well as the brain.

### NeuroMag™ may help:

- Support normal mental function
- Assist with occasional sleeplessness
- Promote relaxation
- Support a healthy stress response
- Support mood

Suboptimal levels of magnesium are commonly seen in the US population. Magnesium levels can be affected by stress, alcohol consumption, exercise, excessive sweating and certain medications. Signs and symptoms of low magnesium levels include irritability, frustration, being easily startled, muscle cramps or twitches, difficulty phasing out background noises, and occasional sleeplessness.

With its ability to be well-absorbed by the body and to reach brain cells, magnesium-L- threonate may be beneficial in helping to support normal mental function and cognition.

**Recommended Use:** As a dietary supplement, take three capsules per day, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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