

Magnesium Threonate

50g of elemental magnesium per capsule sourced from
667mg of magnesium L-threonate complex

GMO Free

Vegan

Gluten Free

Dairy Free

Soy Free



- Each capsule provides 667mg of magnesium L-threonate complex, including 50mg of elemental magnesium
- Threonic acid is a water-soluble substance that's formed when vitamin C is broken down in the body. When you combine magnesium and threonic acid, magnesium L-threonate is formed
- 120 vegetarian capsules per bottle

Magnesium is necessary for maintaining proper nerve and muscle function through its regulation of calcium, creating cellular energy in the mitochondria, and acting as a cofactor to build DNA, RNA, and many proteins. Despite its vast importance, it is commonly deficient in the Canadian population due to poor diet, medication depletions, and stress. Suboptimal magnesium levels can also create a pro-inflammatory state within the body.

Cyto-Matrix's **Magnesium Threonate** offers 667mg of pure magnesium L-threonate complex per capsule, including 50mg of elemental magnesium. Threonic acid is a water-soluble substance that's formed when vitamin C is broken down in the body. When you combine magnesium and threonic acid, magnesium

L-threonate is formed. Each bottle contains 120 vegetarian capsules.

Each contains

Magnesium 50mg
(Magnesium L-Threonate)

Non-Medicinal Ingredients

Brown rice flour, hypromellose, magnesium stearate, microcrystalline cellulose.

Recommended Use Claim

A factor in the maintenance of good health. Helps in energy metabolism and tissue formation. Helps to maintain normal electrolyte balance. Helps to maintain normal muscle function, including the heart muscle.

Directions of Use

Adolescents and Adults (14 years and older) - Take 1 capsule, 1 - 3 times per day.

Cautions and Warnings

Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.