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Magtein® Magnesium L-Threonate – Helps support cognitive function

About Magtein Magnesium L-Threonate

- Provides 667 mg of Magtein® magnesium L-threonate, equivalent to 48 mg of elemental magnesium.
- Formulated with Magtein, a patented form of magnesium L-threonate that crosses the blood-brain barrier and supports cognitive function.
- Provides the only form of magnesium shown in clinical trials to increase magnesium levels in the brain.
- Regulates the structure and function of brain neurons in the prefrontal cortex and hippocampus.
- Supports N-methyl-D-aspartate (NMDA) receptor signalling, synaptic density, and neurotransmission in the prefrontal cortex and hippocampus.[1]
- Protects against brain inflammation by counteracting oxidative stress.[2]
- Formulated for optimal bioavailability to support the aging brain.
- Helps maintain cardiovascular health in adults.

How to Use Magtein Magnesium L-Threonate

- Take 1 capsule 3 times daily or as directed by a health care practitioner. Use for a minimum of 6 weeks to see beneficial effects on cognitive function. Consult a health care practitioner for use beyond 3 months.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you have decreased kidney function, or are pregnant or breastfeeding.

Drug Interactions

- Consult a health care practitioner prior to use if you are taking potassium-sparing diuretics, cellulose sodium phosphates, digoxin, sodium polystyrene sulfonate, bisphosphonates, thyroid medication, or antibiotics.
- Separate antibiotic dosage by at least 2 hours before or 4–6 hours after supplementation.

Quick Tips for Optimal Health

- ☐ Physical exercise – particularly aerobic exercise – supports cognition, including memory, processing speed, and executive function.[3]
- ☐ The DASH diet and exercise, alone or together, may support cognition.[4]
- ☐ The MIND diet (a combination of the Mediterranean and DASH diets) may help reverse negative changes to brain structure and function from obesity. Benefits may be strengthened by including moderate calorie restriction.[5]
- ☐ Additional fish intake, in combination with the MIND diet, may support improved cognitive function.[6]
- ☐ Matcha green tea may support improved cognitive function.[7]
- ☐ Adequate sleep is necessary for optimal cognition.[8,9]

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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