

mag sleep pro

Mag Sleep Pro supports healthy stress management, relaxation, and healthy cognitive function.* The highly bioavailable ingredients in Mag Sleep Pro support a healthy stress response by promoting healthy inflammatory markers and healthy neurotransmitters.*

Key benefits and quality differences of Mag Sleep Pro include:

- Promotes healthy stress response*
- Promotes healthy inflammatory markers*
- Supports healthy cognitive function*
- Supports healthy neurotransmitters*
- Promotes healthy moods*
- Powerful antioxidant support*
- Promotes cellular health*

How Mag Sleep Pro Works

At the core of the Mag Sleep Pro formula is vitamin B6 in its active form as pyridoxal-5-phosphate and dimagnesium malate, a chelated form of magnesium bound to malic acid. These two vital nutrients are enhanced with the addition of myo-inositol and the amino acids taurine and L-theanine (as Suntheanine®) to the formula.

Vitamin B6 performs several vital functions in the body related to supporting healthy stress response.*[1,2] It is involved in the synthesis of the neurotransmitters serotonin, dopamine, gamma-aminobutyric acid, and norepinephrine, all of which help to support healthy moods and cognitive function.*[3,4] When dimagnesium malate is consumed, it breaks down in the digestive tract where it releases magnesium ions and is absorbed and utilized for supporting healthy stress response throughout the body.*[5] Dimagnesium malate is important for healthy nerve function, promoting healthy moods, and supporting healthy cognitive function.*[6,7]

Myo-inositol helps supply the body with the cellular energy needed to function. It is a component of phosphatidylinositol (PI), a phospholipid that makes up a significant portion of the cellular membrane and its subsequent actions in forming other signaling molecules involved in healthy cognitive functioning.*[8] Myo-inositol is also involved in the synthesis of the neurotransmitters serotonin and dopamine needed to help support vitamin B6 in promoting healthy moods.*[9,10]



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How Mag Sleep Pro Works cont...

Studies on taurine have shown its ability to promote cognitive function in multiple ways.* Taurine is involved in the synthesis of the neurotransmitters dopamine, gamma-aminobutyric acid, and glutamate while supporting healthy calcium levels in the brain needed for neurotransmitter release and signaling.

[11,12,13] Through its antioxidant properties, it promotes healthy inflammatory markers, healthy oxidative stress response, and supports energy metabolism.[14,15] The formula is rounded out with Suntheanine®, a patented form of l-theanine with numerous research studies focused on its ability to promote cognitive function, support healthy moods, and promote relaxation.*[16,17] It works by increasing alpha brain wave activity, which is associated with a state of relaxed alertness.*[18] Suntheanine® also helps to promote healthy levels of the neurotransmitters dopamine and serotonin needed for healthy moods.*[19]

Why use Mag Sleep Pro

Mag Sleep Pro contains highly bioavailable vitamins, minerals, and amino acids with multiple mechanisms of action to support healthy cognitive function.* By promoting healthy inflammatory markers and neurotransmitters, Mag Sleep Pro plays a crucial role in supporting healthy stress response and increasing relaxation.

SERVING SIZE: ABOUT 1 SCOOP

SERVINGS PER CONTAINER: 60

INGREDIENTS	AMOUNT	%DV
VITAMIN B6 (AS PYRIDOXAL-5-PHOSPHATE)	5 MG	294%
MAGNESIUM (AS DIMAGNESIUM MALATE)	200 MG	48%
MYO-INOSITOL	2 G	**
TAURINE	500 MG	**
L-THEANINE (SUNTHEANINE®)	100 MG	**

Other Ingredients: Silica, Natural Flavors, Monk Fruit Extract.

Recommended Use:

Mix 1 scoop with 6 ounces of water 1-2 times daily or as directed by your healthcare practitioner.

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

References:

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