



¹²Mg Optima™ Relax is scientifically formulated to promote relaxation during times of stress.

Magnesium may function as a Gamma-aminobutyric acid (GABA) receptor agonist promoting the effects of GABA while glycine functions as an inhibitory neurotransmitter and may assist with relaxation.^{1,2} Glutamine is a precursor to GABA production³ while Theanine, an amino acid from Green Tea, promotes relaxation via binding to glutamate receptors and inducing alpha wave brain activity.⁴ Pyridoxal (B6) is a cofactor for the enzyme Glutamate Decarboxylase that synthesises GABA⁵ and zinc may act as a modulator of both excitatory and inhibitory neurotransmission.⁶

Key Features and Benefits:

- Promote relaxation during times of stress⁷
- Positive effect on mood and cognitive performance^{1,2}
- Relieve muscles of aches and pains⁸
- Reduce effects of mild anxiety and nervous tension⁹
- Highly absorbable and bioavailable form of Albion® magnesium bisglycinate

150 g & 300 g POWDER
PLEASANT LEMON & LIME FLAVOUR



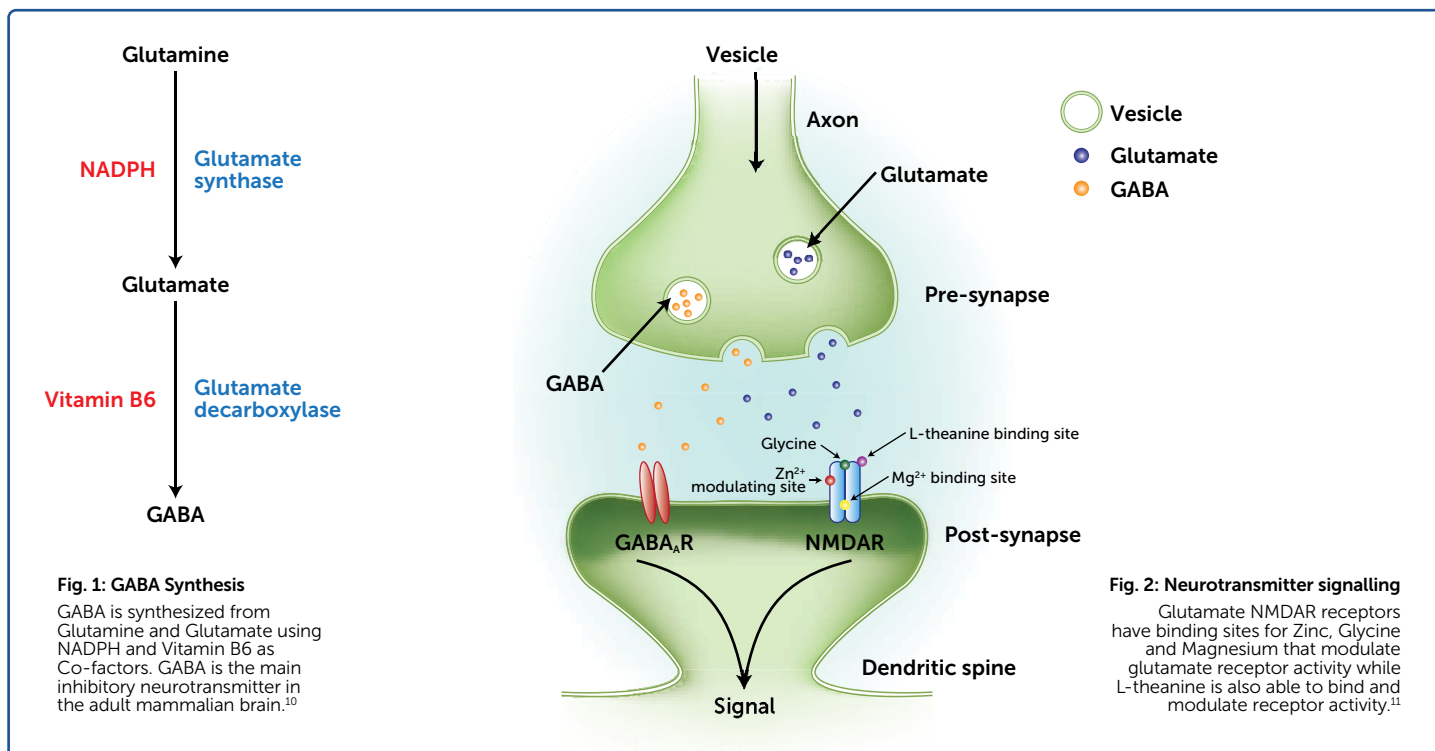
ALBION
MINERALS

Human Nutrition

Patent # 7,838,042



FOR PROFESSIONAL USE ONLY



ACTIVE INGREDIENTS:	Each 5 g dose (1 scoop) Contains:
Magnesium as amino acid chelate	150 mg
TRAACS® - (bisglycinate chelate)	
L-Glutamine	500 mg
Green Tea Dry Leaf Extract	500 mg
Equiv. green tea dry leaf	40 g
Equiv. Theanine	not less than 100 mg
Pyridoxal 5-Phosphate (Vitamin B6)	15.6 mg
Equiv. Pyridoxine	10 mg
Zinc (as citrate)	5 mg
Excipients: Malic acid, Silica, Lemon Lime Flavour, Stevia, Citric Acid, Maltodextrin.	

DOSAGE GUIDELINES:
Add 5g (1 scoop) to 100-200mL of cold water or juice, one (1) to two (2) times per day, or as directed by your health professional. Always read the label. Use only as directed.

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WARNING: If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. Contains less than 15 mg caffeine per 5 g dose.

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