



## MAG<sup>3</sup> MOOD™

Ora Mag<sup>3</sup> Mood™ contains a unique blend of three highly bioavailable forms of magnesium; Magnesium amino acid chelate, Magnesium citrate and Magnesium glycerophosphate, for optimal absorption to help support muscle function. Combined with standardised extracts of tonic herbs, Lemon balm and Ashwagandha which are traditionally used in Western Herbal Medicine and Ayurvedic Medicine to relieve stress and support a healthy balanced mood. Boosted with a potent dose of sustainably sourced Cordyceps to help you tackle your day.



- ✓ Suitable for vegetarians and vegans
- ✓ 30 serves per bottle
- ✓ Great tasting natural flavours - lime and pineapple



Tri-Magnesium



Melissa officinalis



Withania somnifera KSM-66®



Cordyceps sinensis

ACTIVE INGREDIENTS	PER 5G DOSE
Magnesium amino acid chelate (Bisglycinate) Equivalent Magnesium	500 mg 50 mg
Magnesium citrate Equivalent Magnesium	1451.61 mg 225 mg
Magnesium glycerophosphate Equivalent Magnesium Equivalent Phosphorous	333.33 mg 35.00 mg 42.67 mg
Melissa officinalis leaf ext. dry equivalent Rosmarinic acid (18.75 mg)	1500 mg
Organic Withania somnifera (KSM-66®) root ext. dry equivalent Total withanolides (12 mg)	3000 mg
Cordyceps sinensis fruiting body ext. dry equivalent	2000 mg

KSM-66® is a registered trademark of Ixoreal Biomedical Inc

### Who This Is For

Ora Mag<sup>3</sup> Mood™ is recommended for adults seeking help with:

- Muscle tension and cramps
- Low mood
- Low energy
- Stress relief and improving the body's ability to adapt to stress
- Mental wellbeing
- Emotional balance
- Abdominal cramping
- Muscle relaxation
- Magnesium deficiency

### Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Mag<sup>3</sup> Mood™. Try the following to enhance results:

- Whole food based diet
- Regular exercise
- Yoga (esp. Nidra)
- Meditation
- Spending time in nature
- Aromatherapy
- Caffeine free beverages and herbal teas
- Raw chocolate treats
- Dry brushing

Combines well with:

- Ora Hormonal Balance™
- Ora Adaptogen Tonic+™



### Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The active ingredients in Ora Mag<sup>3</sup> Mood™ are sourced from:

**Magnesium amino acid chelate** (Bisglycinate) – Produced in a manufacturing facility located in Emmerthal in Lower Saxony, Germany specialising in high purity mineral products with GMP, DIN EN ISO 9001 and FSSC 22000/ISO 22000 certification producing materials which conform to the latest pharmacopeial standards.

**Magnesium citrate** – Produced in Penglai city, China in a manufacturing facility in a US FDA audited facility with ISO22000 international quality management system certification and producing products to USP and BP pharmacopeial standards.

**Magnesium glycerophosphate** – Produced in North Salt Lake Utah, USA by a leading manufacturer of speciality phosphates at a GMP compliant and NSF certified facility.

**Melissa officinalis** – Cultivated on farms in Europe. Manufactured in the Lamothe-Montravel facility in France by a pioneering herbal extract manufacturer, founded in 1895, using state-of-the-art technologies. USFDA-inspected, with quality systems supported by ISO 9001, FAMIqs and FSSC 22000 certifications.

**Organic Withania somnifera KSM-66®** – Cultivated on farms in the state of Rajasthan in India. Extract manufactured in a state-of-the-art manufacturing facility in India with GMP, USDA Organic. Non-GMO project verified, Canada Organic, ISO 8001, ISO 9001, ISO 14001, ISO 22000 Kosher, Halal certifications.

## Find Out More

Magnesium is an essential mineral in the body. It is a cofactor in over 300 enzymatic reactions and plays an important role in virtually all biological processes in the body including cellular energy production, cell growth and reproduction and protein synthesis. It plays a key role in nerve transmission, muscle contraction, blood pressure and bone metabolism.

**Magnesium bisglycinate** - is a type of amino acid chelate where two molecules of the amino acid glycine are bonded to magnesium, forming a complete protective shell around the mineral. This structure protects the mineral against outside influences, like oxidation, absorption inhibitors such as phytates, or interaction with gastro-intestinal components, resulting in a mineral chelate which has increased bioavailability, increased digestibility, better taste and higher efficacy.

**Magnesium citrate** - is a source of magnesium which is bonded to citric acid. A water soluble and bioavailable source of magnesium for the body.

**Magnesium glycerophosphate** - is a source of magnesium which is attached to glycerol and phosphoric acid (i.e. phosphate). When consumed, the glycerophosphate is cleaved off the magnesium in the small intestine, making not only the magnesium available for use, but also the phosphate and glycerol. Phosphate is the most abundant element in the human body, which, along with glycerol, can be used to help generate cellular energy.

**Melissa officinalis** - in traditional Western Herbal Medicine is thought to be an excellent nervine tonic and calming agent and as such the herb has been historically used to support and restore nervous system function as well as relieve spasms of the digestive tract. Lemon balm has also been used for its mild antispasmodic and antidepressant actions helping to reduce muscle spasm and relieve mild anxiety.

**Withania somnifera** - (Ashwagandha)'s use dates back 3000-4000 years. In Ayurvedic Medicine, Ashwagandha is classified as '*rasayana*' as it is predominately used as a rejuvenating and strengthening tonic for all forms of weakness, to support physical and mental health and improve vitality and longevity. Classically, Ashwagandha is said to nurture and clear the mind, calm and strengthen the nerves and encourage sound and restful sleep.

Ora Mag<sup>3</sup> Mood™ contains KSM-66® organic Ashwagandha, a full spectrum, root-only extract which is produced through a unique manufacturing process, based on green chemistry principles without using alcohol or any other chemical solvents. The process retains all of the natural constituents of the herb in its original balance. KSM-66® has been clinically evaluated in over 22 clinical trials.

**Cordyceps sinensis** - is a medicinal mushroom which naturally grows on an insect host in the wild rather than a plant host. Although wild-harvested Cordyceps is still available, Ora has selected a high quality, *Cordyceps sinensis* medicinal mushroom extract which is cultivated on non-insect, grain-based substrates, thereby ensuring quality is consistently controlled and the ingredient does not contain any animal or insect by-products. It is therefore suitable for vegans.

## How We Make It

We have chosen to use the minimum amount of excipients during our manufacturing process.

Ora Mag<sup>3</sup> Mood™ contains the following added substances:

Glycine, Thaumatin, (natural sweetening ingredients), *Gardenia jasminoides* extract on a base of maltodextrin (a natural herbal ingredient with a strong blue colour), riboflavin (colour), tropical and lime (natural flavours), citric acid (flavour balance) and colloidal silica (to support flow of powder in packing and dispersing with mixing).

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

## Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the elegant use of herbs in Chinese and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science. The combination of ingredients in Ora Mag<sup>3</sup> Mood™ help to:

- Support muscle health.
- Support muscle relaxation and neuromuscular function.
- Relieve symptoms of stress.
- Support mood balance and mental wellbeing.
- Relax the nervous system and maintain nervous system health.

**Cautions:** Do not use during pregnancy or breastfeeding

## Directions For Use

Mix one 5-gram dose (approx. one heaped metric teaspoon) into water and consume immediately. Take once daily or as recommended by your healthcare professional. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

**Pack size:** 150g oral powder

**Product Code:** MAGMOO150-ORA

## Serving Size



5 grams  
(approx. one heaped  
metric teaspoon)



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more about  
Mag<sup>3</sup>Mood™