



# FOUNDATIONS MAG

Foundations Mag features the highly absorbable magnesium lysinate glycinate chelate and the patented di-magnesium malate from Albion Laboratories, Inc., the world leader in patented mineral amino acid chelate and organic mineral acid complex research and development.\*

Dr Kathy Health has chosen Albion Laboratories, Inc. mineral technology to provide the highest quality minerals for optimal absorption and utilization.\* Magnesium is involved in over 300 enzyme-related processes including cardiac, muscle and nerve function and the production of ATP for energy.\* Magnesium also plays a role in supporting optimal bone density and maintenance of blood glucose levels.\*

## Amount Per Serving

**Magnesium**  
*(as di-magnesium malate and magnesium lysinate glycinate chelate)†* **125 mg**

### Other Ingredients:

Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silica.

**Does Not Contain:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

**Caution:** Keep out of reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

†Albion™, TRAACSTM and the Albion Gold Medallion design are trademarks of Balchem Corporation or its subsidiaries.

## Specifications

Serving Size 1 Vegetable Capsule • Servings Per Container 120

## Directions

Take one capsule 2-3 times per day between meals or as directed by your healthcare practitioner.



GLUTEN FREE



VEGETARIAN



To contact Dr Kathy Health LLC contact  
918-274-9111 or [www.drkathysays.com](http://www.drkathysays.com)

Consult with your health-care practitioner about your  
specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

**DrKathy<sup>®</sup>**  
Health