



# 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	
<b>Magnesium</b> <i>(as di-magnesium malate and magnesium lysinate glycinate chelate)†</i>	125 mg
<b>Other Ingredients:</b> Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silica.	
<b>Does Not Contain:</b> Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.	
<b>Caution:</b> Keep out of reach of children.	
<b>Storage:</b> 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 240

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



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