



Cenitol® Nervous System Support*

Form: Powder
Flavor: no flavor
Size: 7.8 oz (222 g) Powder

Cenitol supports a healthy mood and overall nervous system function by featuring inositol—an important, naturally occurring component of cell membranes. Also delivers magnesium in the form of a fully reacted amino acid chelate designed for enhanced support.*

Benefits:

- Provides excellent support for healthy brain and nervous system function*
- May support a positive mood*
- Supplied in powder form for ease of delivery and enhanced dosing flexibility

Ingredients	Amount Per Serving	% Daily Value
Serving Size:	About 1 Scoop (7.4 g)	
Servings Per Container:	30 (by weight)	
Magnesium (as magnesium bis-glycinate ¹)	200 mg	48%
Inositol (as myo-inositol)	4 g	*
Citric Acid	800 mg	*

Other Ingredients: Cellulose.

Directions: Mix about one scoop (7.4 g) in water or juice one to three times daily or as directed by your healthcare practitioner.

Caution: If pregnant or nursing, or taking medication—including lithium—consult your healthcare practitioner before use.

Tamper Evident: Do not use if safety seal is missing or broken.

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

This product is non-GMO, gluten-free, and vegetarian.

¹Daily Value not established

¹Fully reacted magnesium amino acid chelate.