



MetaRelax

Designed to help promote restful sleep, positive mood, and relaxation*

Form: Powder

Flavor: Orange Citrus

Size:

MetaRelax® is a great tasting orange citrus flavored magnesium powder blend.

This unique formula features a magnesium amino acid chelate (bis-glycinate) designed to enhance absorption and intestinal tolerance.* It also features taurine, vitamins B₆, B₁₂, and folate.

Together, these nutrients help to promote restful sleep, positive mood, and relaxation.*

Why MetaRelax?

- Magnesium plays an important role in calcium metabolism and acts with calcium to support many biological processes, including bone formation, muscle contraction and relaxation, and nervous system health.*
- Folate and vitamin B₁₂ are cofactors in the synthesis of neurotransmitters, including serotonin. Serotonin is associated with mood, sleep, and relaxation.*
- Vitamin B₆ is a factor in the body's conversion of glutamate (a stimulatory neurotransmitter) into gamma-amino-butyric acid (GABA), a neurotransmitter with calming and relaxing properties.*
- Taurine, a sulfur-containing amino acid that is abundant in the central nervous system, may play a role in supporting brain health.*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	3.3 g	
Serving Per Container	30	
Vitamin B ₆ (as pyridoxine HCl)	2.8 mg	165%
Folate (as folic acid and calcium L-5-methyltetrahydrofolate [†])	330 mcg	83%
Vitamin B ₁₂ (as methylcobalamin)	3 mcg	125%
Magnesium (as magnesium bis-glycinate)	150 mg	36%
Taurine	200 mg	*

Source of vitamins and minerals, factors in the maintenance of good health.

Other Ingredients: Citric acid, natural flavors^{††}, rebaudioside A (from *Stevia rebaudiana* leaf extract), and silica.

Directions: Mix packet contents into 8 fluid ounces of water once daily or as directed by your healthcare practitioner.

Caution: If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of reach of children.

Storage: Keep in a cool, dry place.

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

[†]Daily Value not established.

[†]As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

^{††}No MSG