

**USAGE:** Take 2 tablets 1 or 2 times per day, preferably with meals or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**Magnesium Optimizer®** is a synergistic combination of nutrients that optimize magnesium metabolism.\* Magnesium is beneficial for nerve and muscular tissue metabolism.\* Magnesium and potassium can be utilized by physically active individuals to support electrolyte levels in the body.\* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.\* Taurine enhances the effects of magnesium and potassium because taurine aids in osmoregulation (maintenance of proper concentration of ions).\* Pyridoxal 5-Phosphate (P-5-P) is the coenzyme form of vitamin B<sub>6</sub> and is necessary for the metabolism of proteins and amino acids.\* Magnesium and vitamin B<sub>6</sub> are cofactors in multiple enzyme systems in the body.\* Together, magnesium and vitamin B<sub>6</sub> support central nervous system biochemistry, including the synthesis of the universal energy molecule ATP.\*

**Keep out of the reach of children.  
Store in a cool, dry place.**

\* 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.

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®



Magnesium Malate

with P-5-P

# Magnesium Optimizer®

Important for Bone Health\*  
Supports Muscle Function\*

12

Mg



200  
TABLETS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B <sub>6</sub> (as Pyridoxal 5-Phosphate)	2 mg	120%
Magnesium (as Magnesium Malate)	100 mg	25%
Potassium (as Potassium Citrate)	50 mg	1%
Taurine	350 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, calcium carbonate, magnesium stearate (vegetable source), silicon dioxide and a food-grade coating.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

**Suitable for vegetarians/vegans.**

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SOLV®

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