

Supplement Facts

Serving Size 3 capsules

Servings per container 30

Amount Per Serving	% Daily Value
Magnesium 279 mg	66%
(from 1000 mg Magtein™ Magnesium L-Threonate ¹)	
(from 414 mg Magnesium Glycinate)	
(from 414 mg Magnesium Taurate)	
L-Theanine 414 mg	*
*Daily value not established	

Other ingredients: cellulose

(100% GMO free) Contains no animal products