

Mag Calm Pro

Healthy Stress and Relaxation Support*

Mag Calm Pro Supplementation

Mag Calm Pro supports healthy stress management, relaxation, and healthy cognitive function.† The highly bioavailable ingredients in Mag Calm Pro support a healthy stress response by promoting healthy inflammatory markers and healthy neurotransmitters.†

Key benefits and quality differences of Mag Calm Pro include:

- Promotes healthy stress response†
- Promotes healthy inflammatory markers†
- Supports healthy cognitive function†
- Supports healthy neurotransmitters†
- Promotes healthy moods†
- Powerful antioxidant support†

How Mag Calm Pro Works

At the core of the Mag Calm Pro formula is vitamin B6 in its active form as pyridoxal-5-phosphate and dimagnesium malate, a chelated form of magnesium bound to malic acid. These two vital nutrients are enhanced with the addition of myo-inositol and the amino acids taurine and l-theanine (as Suntheanine®) to the formula.

Vitamin B6 performs several vital functions in the body that support healthy stress response.†12 It is involved in the synthesis of the neurotransmitters serotonin, dopamine, gamma-aminobutyric acid, and norepinephrine, all of which help support healthy moods and cognitive function.†3,4

When dimagnesium malate is consumed, it breaks down in the digestive tract, where it releases magnesium ions. It is then absorbed and utilized to support healthy stress response throughout the body.†5 Dimagnesium malate is important for healthy nerve function, promoting healthy moods, and supporting healthy cognitive function.†6,7

Myo-inositol helps supply the body with the cellular energy needed to function.† It is a component of phosphatidylinositol (PI), a phospholipid that makes up a significant portion of the cellular membrane, and its subsequent actions are in forming other signaling molecules involved in healthy cognitive functioning.†8 Myo-inositol is also involved in the synthesis of the neurotransmitters serotonin and dopamine, which are needed to help support vitamin B6 in promoting healthy moods.†9,10



How Mag Calm Pro Works Continued

Studies on taurine have shown its ability to promote cognitive function in multiple ways.[♦] Taurine is involved in the synthesis of the neurotransmitters dopamine, gamma-aminobutyric acid, and glutamate while supporting healthy calcium levels in the brain needed for neurotransmitter release and signaling.^{♦11,12,13} Its antioxidant properties promote healthy inflammatory markers, oxidative stress response, and energy metabolism.^{♦14,15}

The formula is rounded out with Suntheanine[®], a patented form of L-theanine with numerous research studies focused on its ability to promote cognitive function, healthy moods, and relaxation.^{♦16,17} It works by increasing alpha brain wave activity, which is associated with a state of relaxed alertness.^{♦18} Suntheanine[®] also helps to promote healthy levels of the neurotransmitters dopamine and serotonin needed for healthy moods.^{♦19}

Why Use Mag Calm Pro?

Mag Calm Pro contains highly bioavailable vitamins, minerals, and amino acids with multiple mechanisms of action to support healthy cognitive function.[♦] By promoting healthy inflammatory markers and neurotransmitters, Mag Calm Pro plays a crucial role in supporting healthy stress response and increasing relaxation.[♦]

Supplement Facts

Serving Size: About 1 Scoop (4.13 g)

Servings Per Container: About 60

	Amount Per Serving	%DV*
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Magnesium (as dimagnesium malate)	200 mg	48%
Myo-Inositol	2 g	**
Taurine	500 mg	**
L-Theanine (Suntheanine [®])	100 mg	**

Other Ingredients: Silica, natural flavors, monk fruit extract.

Suntheanine[®] is a registered trademark of Taiyo International, Inc.

Directions: Shake canister before scooping. Mix 1 scoop with 6 ounces of water 1-2 times daily or as directed by your healthcare practitioner.

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

References:

1. Calderón-Ospina CA, Nava-Mesa MO. *CNS Neurosci Ther.* 2020;26(1):5-13.
2. Field DT, Cracknell RO, Eastwood JR, et al. *Human Psychopharmacol.* 2022;37(6):e2852.
3. Stover PJ, Field MS. Vitamin B-6. *Adv Nutr.* 2015;6(1):132-133.
4. Parra M, Stahl S, Hellmann H. *Cells.* 2018; 7(7):84.
5. Uysal N, Kizildag S, Yuze Z, et al. *Biol Trace Elem Res.* 2019;187:128-136.
6. Boyle NB, Lawton C, Dye L. *Nutrients.* 2017;9(5):429.
7. Pickering G, Mazur A, Trousselard M, et al. *Nutrients.* 2020;12(12):3672.
8. López-Gamero AJ, Sanjuan C, Serrano-Castro PJ, Suárez J, Rodríguez de Fonseca F. *Biomedicines.* 2020;8(9):295.
9. Chhetri DR. *Front Pharmacol.* 2019;10:1172.
10. Concerto C, Chiarenza C, Di Francesco A, et al. *Curr Issues Mol Biol.* 2023; 45(2):1762-1778.
11. Jia F, Yue M, Chandra D, et al. *J Neurosci.* 2008;28(1):106-115.
12. Schaffer S, Kim HW. *Biomed Ther (Seoul).* 2018;26(3):225-241.
13. Wu JY, Prentice H. *J Biomed Sci.* 2010;17(Suppl 1):S1.
14. Jong CJ, Azuma J, Schaffer S. *Amino Acids.* 2012;42(6):2223-2232.
15. Surai PF, Earle-Payne K, Kidd MT. *Antioxidants (Basel).* 2021;10(12):1876.
16. Baba Y, Inagaki S, Nakagawa S, et al. *J Med Food.* 2021;24(4):333-341.
17. Hidese S, Ogawa S, Ota M, et al. *Nutrients.* 2019;11(10):2362.
18. Song CH, Jung JH, OH JS, Kim KS. *Korean J Nutr.* 2003;36(9):918-923.
19. Nathan PJ, Lu K, Gray M, Oliver C. *J Herb Pharmacother.* 2006;6(2):21-30.

* 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.

For more information, visit: www.nutridyn.com