



Mind Thrive™

A highly absorbable form of magnesium
and Chelated Magnesium L-Threonate



Magnesium is an essential mineral that assists in over 300 biochemical reactions in the body. It is the second most abundant mineral inside cells, where it also participates in converting food (especially carbohydrates) to energy. Over 60 percent of the body's magnesium is stored in the skeleton, and the remaining portion is primarily housed in the muscles. It is crucial for energy production, bone and muscle health, physical strength and mobility, neurological health, and metabolism.

Mind Thrive™ contains not one but two forms of magnesium - magnesium that is chelated to threonic acid (magnesium L-threonate) and magnesium bis-glycinate chelate.

Magnesium L-threonate is superior to other forms of magnesium at getting through the blood-brain barrier because it is able to transport magnesium ions across lipid membranes, including those of brain cells.

Researchers at MIT concluded that elevating brain magnesium content through supplementation with magnesium L-threonate may be a useful strategy to support cognitive abilities and potentially help mitigate common age-related memory decline.*

Magnesium bis-glycinate chelate is one of the best absorbed forms of magnesium, where a magnesium ion is bound between two glycine amino acids, forming a very stable chelate, which eliminates the traditional loose stools or upset stomach that occurs with other forms. Mineral chelates can bypass normal modes of absorption in the intestine and therefore avoid the competition that occurs between minerals for absorption. This way, larger amounts of magnesium pass through the intestine and are available to the body, further enhancing its availability.

Benefits*

- Supports brain health
- Supports normal cognitive function
- Magnesium partners with calcium in maintaining bone health.
Many individuals supplement calcium without adequate magnesium, leading to ineffective support for bone health.
Magnesium is also needed for proper activity of vitamin D, which is crucial for bone health.*
- Magnesium helps support muscle relaxation and function, which is vital to cardiovascular health since the heart is a muscular organ. Magnesium is also an important cofactor in several enzymes that support healthy blood pressure.*
- As magnesium helps muscles to relax, it can enhance relaxation, promote a sense of calm, and support normal sleep patterns.*

Highlights

- Metabolism and energy production
- Healthy bone mass
- Muscle function
- Physical and mental relaxation
- Neurological health
- Healthy blood glucose metabolism
- Healthy kidney function
- Heart health
- Blood vessel function
- Highly bioavailable magnesium demonstrated to cross the blood-brain barrier and support brain health*

Recommended Use

Adult dose -Take 3 capsules per day or as directed by your health-care practitioner.

To contact ADHD Thrive Institute visit us on the web at www.adhdthriveinstitute.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

*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.

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