

THIS INFORMATION IS PROVIDED AS A MEDICAL AND SCIENTIFIC EDUCATIONAL RESOURCE FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ("PRACTITIONERS"). THIS INFORMATION IS INTENDED FOR PRACTITIONERS TO USE AS A BASIS FOR DETERMINING WHETHER TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. ALL RECOMMENDATIONS REGARDING PROTOCOLS, DOSING, PRESCRIBING AND/OR USAGE INSTRUCTIONS SHOULD BE TAILORED TO THE INDIVIDUAL NEEDS OF THE PATIENT CONSIDERING THEIR MEDICAL HISTORY AND CONCOMITANT THERAPIES. THIS INFORMATION IS NOT INTENDED FOR USE BY CONSUMERS.

NeuroMag™ features the unique, patented, chelated mineral Magtein®, which is magnesium chelated to threonic acid (magnesium L-threonate). This ionophore has been found to be superior to other forms of magnesium at getting through the blood brain barrier as it is able to transport ions (in this case magnesium ions) across lipid membranes, including brain cells.

Why magnesium for the brain?

Magnesium deficiency is well known to produce neuropathologies. Only 16% of the magnesium found in whole wheat remains in refined flour, and magnesium has been removed from most drinking water supplies, setting a stage for magnesium deficiency. This is aggravated by the fact that magnesium is depleted by stress, sweating, alcohol consumption and many medications. Magnesium ions regulate calcium ion flow in neuronal calcium channels, helping to regulate neuronal nitric oxide production. In magnesium deficiency, neuronal requirements for magnesium may not be met, causing neuronal damage, which could manifest as memory loss, depression and more.

Anxiety disorders, such as phobias and post traumatic stress disorder, are among the most common mental disorders and are associated with magnesium deficiency. Stress exposure, depending on its intensity and duration, affects cognition and learning. Follows is a direct quote from a study published in the *Journal of Neurosciences*: "Studies suggest that enhancement of plasticity in certain brain regions such as the prefrontal cortex (PFC) and/or hippocampus might enhance the efficacy of cognitive therapy. We found that elevation of brain magnesium, by a novel magnesium compound [magnesium-L-threonate (MgT)], enhances synaptic plasticity in the hippocampus and learning and memory in rats. Here, we show that MgT treatment enhances retention of the extinction of fear memory, without enhancing, impairing, or erasing the original fear memory."¹ Even aged rats showed improvement in memory.

Several studies indicate that these same synaptic connections in the brain hippocampus, a critical brain region for learning and memory, decline during aging. Studies have also found low levels of magnesium in the brains of patients suffering from Alzheimer's disease. NeuroMag's Magtein® was found in animal studies to increase learning ability, working memory, and short- and long-term memory. NeuroMag™ enhances functioning of the hippocampus by improving synaptic plasticity and NMDA (N-methyl-D-aspartate) receptor-dependent signaling. Researchers at MIT conclude that elevating brain magnesium levels with Magtein® may be beneficial in enhancing cognitive abilities and preventing age-related memory decline. Increasing plasticity in the prefrontal cortex and amygdala of the brain improves memory because these brain areas are also deeply involved in mediating the effects of exposure to stress on memory.

NeuroMag™ Recommended Use:

- Take three capsules per day, or as directed by your health care practitioner (divided dosing recommended).
- For additional brain support, consider combining with Brain Vitale™

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/neuromag-references.pdf>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.



Magtein® is a registered trademark of Magceutics®, Inc. and is patented under U.S. Patents 8,178,118; 8,142,803; 8,163,301; and other pending patents. Magtein® is distributed exclusively by AIDP, Inc.

*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.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Magnesium	144 mg	34%
(from 2 g Magtein® Magnesium L-Threonate)		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

