

# AlgaeCal

## Magnesium Relax™

Multi-nutritional formula for stress, sleep, and occasional anxiety support.

**Calmer Days. Better Nights.** Modern life can quickly drain magnesium levels, leaving you vulnerable to stress, sleepless nights, and occasional anxiety. Magnesium is essential for calming the nervous system and promoting deep, restful sleep. That's why Magnesium Relax combines three premium forms—Magnesium Bisglycinate Chelate (TRAACS®), ALBION® Di-Magnesium Malate, and Magnesium Citrate—carefully selected for superior absorption and effectiveness to naturally restore balance and resilience.\*

**Stress Less. Relax More.** Sensoril® is a patented extract of Ashwagandha root and leaf, clinically shown to reduce stress and occasional anxiety. In a randomized, double-blind, placebo-controlled study,<sup>1</sup> participants experienced a 62% reduction in stress and a 24% decrease in cortisol after consistent use. Sensoril® helps the body adapt to stress, promoting relaxation and deeper sleep without adverse side effects.\*

**Calm Your Mind.** Vitamin B6 in its active form, P5P, supports nervous system function and neurotransmitter synthesis. It helps produce serotonin and GABA, key messengers that regulate mood and relaxation. Adequate P5P is also critical for magnesium absorption, enhancing its calming benefits. Studies<sup>2</sup> show supplementation can reduce stress and improve sleep, especially when paired with magnesium.\*

**Fall Asleep Faster. Stay Asleep Longer.\*** Zinc Bisglycinate (TRAACS®) is a highly bioavailable form of zinc. In a double-blind study<sup>3</sup> with ICU nurses, zinc supplementation reduced time to fall asleep by up to 30 minutes and added nearly an hour of extra sleep per night—equal to 30 additional hours of rest per month.

**Better Absorption.** AlgaeCal Absorb™ combines apple cider vinegar powder, ginger root, holy basil, acacia fiber, and shiitake mushroom powder to improve nutrient uptake. Because with supplements, it's not how much you take—it's how much your body absorbs.\*



### Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 30

**AlgaeCal  
Magnesium Relax™**

| Amount Per Serving   | % Daily Value |
|--|---------------|
| Vitamin B6 (as Pyridoxal-5-Phosphate) 2 mg   | 118%          |
| Magnesium 150 mg<br>Magnesium Bisglycinate Chelate (TRAACS®)<br>ALBION® Di Magnesium Malate<br>Magnesium Citrate   | 36%           |
| Zinc (as Zinc Bisglycinate TRAACS®) 2 mg   | 18%           |
| Sensoril® Ashwagandha 125 mg<br>(root and leaf extract)  | *             |
| AlgaeCal Absorb™ 25 mg<br>(Acacia Fiber, Apple Cider Vinegar Powder, Ginger<br>Root Extract, Holy Basil Leaf Extract, Shiitake<br>Mushroom Mycelium Biomass (Lentinus edodes)) | *             |

\*Daily Value not established.

**Other Ingredients:** Vegetable cellulose (vegetarian capsule), microcrystalline cellulose, magnesium stearate (vegetable grade), silicon dioxide.

**Suggested Use:** Take 2–4 capsules daily, preferably with food, or as directed by a healthcare professional.

**Recommended Use:** Supports relaxation, promotes restful sleep, and helps manage everyday stress.\*

**As with any supplement, consult your physician before use, if you are pregnant, nursing, taking medications, have a medical condition, or are planning a medical procedure. Keep out of reach of children. Store in a cool, dry place.**

\*Results consistent with Clinical Trials on individual ingredients. Results may vary.

\*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.algaecal.com](http://www.algaecal.com)

#### References:

1. Auddy, Biswajit & Hazra, Jayram & Mitra, Achintya & Abedon, Bruce & Ghosal, Shibnath. (2008). A Standardized Withania Somnifera Extract Significantly Reduces Stress-Related Parameters in Chronically Stressed Humans: A Double-Blind, Randomized, Placebo-Controlled Study. Journal of American Nutraceutical Association. 11. 50-56.
2. Dakshinamurti, K., & Dakshinamurti, S. (2021). Vitamin B6 in the treatment of neurological diseases: A review. Nutrients, 13(2), 431.
3. Gholipour Baradari A, Alipour A, Mahdavi A, Sharifi H, Nouraei SM, Emami Zeydi A. The Effect of Zinc Supplementation on Sleep Quality of ICU Nurses: A Double Blinded Randomized Controlled Trial. Workplace Health & Safety. 2017;66(4):191-200.