



MAG7

Advanced Magnesium Support for Your Muscles, Mind, and Metabolism.

Did You Know...

Magnesium is involved in over 300 vital processes in your body, yet most people don't get enough from diet alone. Low magnesium can show up as muscle cramps, fatigue, poor sleep, headaches, and stress overload. A multi-form magnesium complex like MAG7 helps your body absorb what it needs, where it needs it, supporting energy, mood, muscle recovery and more.*

The HealthSource Difference

Most magnesium supplements are just one form. MAG7 gives you seven. Each is chosen to support different parts of your body, such as muscles, nerves, heart, and energy. Plus, it's enhanced for better absorption, so you get more of what your body needs, right where it needs it.

MAG7 is great for anyone dealing with muscle cramps, low energy, poor sleep, stress, migraines and headaches, chronic pain, and active lifestyles.

What is it?

- 7 Forms of Magnesium.*
- Humic & Fulvic Monatomic Blend.*
- Gentle, highly absorbable formula.*
- Calming & Recovery Support.*
- Clean label (NonGMO, Gluten & Dairy Free.)*

What it Does?

- Supports muscles, nerves, heart & metabolism.*
- Helps your body absorb & use nutrients better.*
- Easy on the stomach and effective.*
- Reduces tension & supports better sleep.*
- Free from common allergens.*

Why it Matters?

- More complete support than typical magnesium products.*
- Better results you can actually feel.*
- Great for daily use without digestive discomfort.*
- Feel more relaxed, rested & recovered.*
- Safe for sensitive diets & lifestyles.*

**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.*

Supplement Facts

Suggested Use: Take three capsules with food. One during a morning meal and two during an evening meal, or as recommended by your healthcare provider.

Store in a cool dry space.

Serving Size: 3 Capsules

Serving Per Container: 30

AMOUNT PER SERVING**

Magnesium Complex Glycinate, Bisglycinate, Carbonate, Malate, Orotate, Taurate, Citrate	450mg	107%
Humic & Fulvic Monatomic Blend	50mg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Capsule (Hydroxypropyl Methylcellulose).



Non-Bio-Engineered.



Dairy-Free



Gluten-Free

Warning: May cause loose stools in some individuals. If you have kidney issues or are taking medications for heart, blood pressure, or antibiotics, consult your healthcare provider before use. Not recommended during pregnancy or breastfeeding without medical supervision.