

# TriMag Supreme™ Night

UNIQUE BLEND OF THREE HIGHLY ABSORBABLE FORMS OF MAGNESIUM AND BOTANICALS TO SUPPORT SLEEP AND RESTFULNESS\*\*



## Introduction

TriMag Supreme™ Night is a unique blend of three highly absorbable forms of magnesium along with relaxation-supportive botanicals to help support restful sleep.\* One serving provides 300 mg of elemental magnesium in an easy-to-mix powder. This product contains botanicals that may support a healthy response to stress and help support sleep quality and duration.\* It has a delicious lavender and lemon flavor and is naturally sweetened with monk fruit, and it contains no stevia or artificial sweeteners.

TriMag Supreme™ Night contains a blend of Montmorency cherry powder, California poppy, and lavender extract. Montmorency cherry powder (*Prunus cerasus*) has been shown to promote metabolism of melatonin and help support sleep quality and duration.\*

California poppy (*Eschscholzia californica*) has been shown to have sedative and calming properties in animal studies. Lavender (*Lavandula angustifolia*) extract has been shown to improve sleep quality in clinical studies. Magnesium has been shown to support sleep and a healthy response to stress in studies. Additional studies have also shown improvements in sleep time, sleep efficiency, and serum melatonin when assessing magnesium supplementation.\*

## Benefits\*

- Sleep quality and duration
- Healthy mood
- Healthy response to stress
- Neurological health
- Metabolism and energy production

## Highlights

- 300 mg elemental magnesium per serving  
Contains a natural botanical blend designed to support relaxation, sleep quality, and duration\*
- Supports muscle relaxation, stress relief, restful sleep, and a calm mood\*
- Three unique forms of highly absorbable magnesium
- Easy-to-mix powder
- Unlikely to cause negative gastrointestinal side effects
- Delicious lavender and lemon flavor

## Recommended Use

As a dietary supplement, take 5 grams (approximately 1 teaspoon) of powder mixed in 8 ounces of water per day, or as directed by your health-care practitioner.

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