

# 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.

Designs for Health and logo are trademarks of Designs for Health, Inc. © 2021 Designs for Health, Inc. All rights reserved.