



Minerals

ATA Mg[®] a patented combination of magnesium and acetyl-taurinate, is designed for enhanced cellular bioavailability to support women's health and holistic wellness. ATAMg has a unique lipophilic structure allowing it to better cross cellular membranes for more effective delivery of acetyl-taurine and magnesium.

Clinical studies suggest **ATA Mg**[®] may help support women's health by promoting a sense of well-being and easing occasional symptoms associated with the menstrual cycle, such as cravings, headache, fatigue, interrupted sleep, mood changes, and bloating. Additionally, numerous testimonials support that **ATA Mg**[®] helps create a sense of calm, a benefit linked to its structural similarity to migraine-causing compounds. Findings from a study conducted by Stanford on acetyl-taurine in mice demonstrated its potential for metabolic health benefits such as increased satiety and weight management support. Taste-free and water-soluble, **ATA Mg**[®]'s recommended daily dose is 770 mg. **ATA Mg**[®] is format and formulation flexible, enabling its use in a range of applications including tablets, capsules, powders, gummies, and sachets.

Product Facts:

Advantages:

- ✓ High body bioavailability
- ✓ Supports Women's health
- ✓ Support for PMS
- ✓ Highly soluble
- ✓ Dose 770mg / day

Applications:

- ✓ Capsules, and tablets
- ✓ Beverages
- ✓ Powdered drinks
- ✓ Gummies

Certifications:

- ✓ EFSA Approved
- ✓ NDI
- ✓ Kosher