

Supplement Facts

Serving Size 1 Tablet

Amount Per % Daily Servina Value

5611-5a

Magnesium 200 mg 50% (from magnesium glycinate chelate and magnesium oxide)

Other Ingredients: Microcrystalline cellulose, stearic acid, hydroxypropyl cellulose, croscarmellose sodium, magnesium stearate, food glaze, methylcellulose, polyethylene glycol, hydroxypropylcellulose, silicon dioxide.

Directions: Take one tablet daily, at **mealtime.** Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur. This formula is prepared to disintegrate over a

period of up to 1 hour.

✓ Gluten-free ✓ Sugar-free ✔ Preservative-free

Magnesium is an essential mineral, important for many vital body functions, including maintaining proper heart rhythm, nervous system function, and the normal utilization of calcium and potassium.*

250cc

7.8125" x 2.875"

nutrition) to promote absorption.* *These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

The magnesium is chelated with glycine

(an important amino acid in human

POTENCY & QUALITY GUARANTEED

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