

**TWINLAB MAGNESIUM CAPS** are easy to swallow and assimilate and are well tolerated by most highly allergic individuals.

No tablet binders, coatings or colorings.

Free of all major allergens, as well as corn, yeast, rice and barley.

No artificial colors, flavors or preservatives added.

**KEEP OUT OF REACH OF CHILDREN.**

Best if used by date shown on bottle.

**TWINLAB<sup>®</sup>**

# MAGNESIUM CAPS

*Natural • High Potency*  
DIETARY SUPPLEMENT

200 Capsules

400 mg

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%DV
Magnesium (as magnesium oxide)	400 mg	100%

**OTHER INGREDIENTS:** Gelatin, potato starch, magnesium silicate, purified water, medium chain triglycerides, croscarmellose sodium, magnesium aspartate, silica.

**DIRECTIONS:** Take one capsule daily.

Keep tightly closed in a cool, dry place.

**MANUFACTURED BY IDEASPHERE INC.**  
AMERICAN FORK, UTAH 84003 U.S.A.  
1-800-645-5626

