

Suggested Usage: 1 capsule, 1-3 times per day or as directed by a health professional.

Natural Factors Magnesium Citrate capsules contain 150mg of this extraordinary mineral. Magnesium is necessary for hundreds of enzyme reactions in the body and for normal heart function. It is necessary for protein synthesis, carbohydrate metabolism, proper muscle function and helps to absorb calcium and potassium.* Citrates are extremely well absorbed and well-tolerated by the body making Natural Factors Magnesium Citrate capsules an excellent way to get this important mineral.

All Natural Factors products are manufactured according to Canadian Health Protection Branch Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives or color, no dairy, sweeteners, starch, wheat or yeast. Sealed for your protection. Do not use if seal on cap is broken. For freshness store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT OF CANADA

Manufactured by Natural Factors, Canada

Dist. by NATURAL FACTORS, Everett, WA, 98203



Recyclable container and label.

**Purity & Potency
Guaranteed**

natural
Factors[®]

Magnesium



Citrate
150mg

90 Capsules

**SUPPORT FOR MUSCLE
AND HEART FUNCTION***

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	150mg	38%

Other ingredients: Gelatin capsule (gelatin, purified water), microcrystalline cellulose, magnesium stearate (vegetable grade).

