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product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule one to three times daily with or without food, or as recommended by a healthcare practitioner.

**CAUTION:** If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

Store tightly closed in a cool, dry place.

#### WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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Q01459E

# LifeExtension®

## Magnesium Caps 500 mg



### Essential Mineral For Cardiovascular Health\*

Dietary  
Supplement

100 Vegetarian  
Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, citrate, succinate, TRAACS® magnesium lysyl glycinate chelate)	500 mg	125%

**Other ingredients:** vegetable cellulose (capsule), microcrystalline cellulose, stearic acid, silica, citric acid.

Non-GMO

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, FL 33309  
LifeExtension.com

To report a serious adverse event or  
obtain product information, contact 1-866-280-2852.

\*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.