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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 two times daily with or without food, or as recommended by a healthcare practitioner. Can be taken all at once or in divided doses.

**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.



Q01682E

# LifeExtension®

## Magnesium (Citrate)

160 mg



### Bioavailable Mineral For Cardiovascular Health\*

Dietary  
Supplement

100 Vegetarian  
Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule

| Amount Per Serving                  | % Daily Value |     |
|-------------------------------------|---------------|-----|
| Magnesium<br>(as magnesium citrate) | 160 mg        | 40% |

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

Non-GMO

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 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.