

CAPSULE SIZE

Made in the USA

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CODE 1283 V2

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

*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.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis and glucose metabolism. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule with or between meals. Consider taking these other NOW® products: Calcium, Boron, Vitamin D and Zinc.



Magnesium Caps

NERVOUS SYSTEM SUPPORT

400 mg

- Supports Energy Production
- Critical for Enzyme Function*

180 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Oxide, Magnesium Citrate and Magnesium Aspartate)	400 mg	100%

Other ingredients: Rice Flour, Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/1283

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.