

**Suggested Usage:** Take 3 capsules daily, preferably in divided doses, with food.

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.\*

\*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.

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

Do Not Eat Freshness Packet.  
Keep in Bottle.

Natural color variation may occur  
in this product.

CAPSULE SIZE

CODE 1294 V3



# Magnesium Citrate

Nervous System Support\*

- Supports Energy Production\*
- Critical for Enzyme Function\*

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Veg Capsules  
Servings Per Container 40

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	500 mg	125%

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

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.

