

Doctor Recommended

WHY COMPLETE 12?

Reap the benefits of 12 highly absorbable forms of magnesium, each with a unique role in whole-body health. Glycinate for **Calm and Sleep**, Taurinate and Orotate for the **Heart**, Malate, Fumarate, Citrate-Malate, and Succinate for **Cellular Energy**, Acetyl-Taurate and Pidolate for the **Brain and Nervous System**, Creatine Chelate for **Muscular Strength and Recovery**, Lactate and Aspartate for **Hydration, Mood, and Performance**. Support **Healthy Aging** at every level—Mind, Body, and Heart.*



WHY NUTRI?

At Nutri we believe in making the highest quality and most effective products on the market, so that you can be confident that you're getting the best of the best.



nutri Elevate Your Health

www.naturesfusions.com
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Orem, Utah 84057

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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COMPLETE 12 MAGNESIUM COMPLEX



3590 MG

420 MG HIGH ABSORPTION
per serving **MAGNESIUM**

SLEEP | MUSCLE HEALTH | CHELATED

120 Dietary Supplement
VEGAN CAPSULES



Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin B6 (as pyridoxine HCl)	5 mg	333%
Magnesium (from Magnesium Glycinate, Malate, Citrate-Malate, Fumarate, Acetyl-Taurate, Lactate, Taurinate, Pidolate, Succinate, Creatine Chelate, Aspartate, Orotate)	420 mg	100%
Complete Magnesium 12 Complex	3590 mg	
Magnesium Glycinate (~13% Mg)	690 mg	†
Magnesium Malate (~15% Mg)	400 mg	†
Magnesium Citrate-Malate (~14% Mg)	400 mg	†
Magnesium Fumarate (~17% Mg)	300 mg	†
Magnesium Acetyl-Taurate (~6% Mg)	250 mg	†
Magnesium Lactate (~10% Mg)	250 mg	†
Magnesium Taurinate (~8% Mg)	250 mg	†
Magnesium Pidolate (~8.5% Mg)	250 mg	†
Magnesium Succinate (~17% Mg)	250 mg	†
Magnesium Creatine Chelate (~7.5% Mg)	200 mg	†
Magnesium Aspartate (~7% Mg)	200 mg	†
Magnesium Orotate (~7% Mg)	150 mg	†

† Daily Value not established.

Other Ingredients: Vegetable Cellulose (capsule), Rice Extract Blend (rice bran extract, rice hulls, gum arabic, sunflower oil).

Suggested Use: Take up to four capsules daily.

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



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