

SUPPORT NERVE FUNCTION

Magnesium is essential to nerve health, playing a key role in muscle activity, oxygen uptake, electrolyte balance, and the central nervous system, all of which are critical to help achieve optimal nerve function.*

FIND CALM AND BALANCE

Magnesium also plays a key role in helping to improve muscle activity and performance. Magnesium and glycinate combine to help keep the heart and nervous system calm and can help reduce the feeling of restlessness.*

RESTORE YOUR RHYTHM

GENTLE ON YOUR STOMACH

*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.

RHYTHM

MAGNESIUM GLYCINATE

A DIETARY SUPPLEMENT

TO SUPPORT CARDIOVASCULAR HEALTH,
PROPER NERVE FUNCTION, AND RELAXATION*

120 CAPSULES

VEGETARIAN/GLUTEN FREE/SOY FREE

Suggested Use: As a dietary supplement, take 1-2 capsules daily or as directed by your healthcare practitioner.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Glycinate) 150 mg	36%

Other ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine.

DISTRIBUTED BY:
Natural Rhythm
NaturalRhythm.com
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Color of this product may vary due to color variations of the natural ingredients.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store in a cool, dry place.



RHYTHM

PURE. MAX ABSORPTION. EASY ON STOMACH.

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NO OUR MAGNESIUM GLYCINATE DOES NOT CONTAIN GLUTEN, SOY, MILK, PRESERVATIVES, OR ANIMAL PRODUCTS. YAY!

FIND YOUR NATURAL RHYTHM