

ITEM #5830
B16895 10H



ACTUAL SIZE



Magnesium

250 mg

**Promotes
Bone Health***

Once Daily Formula

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Magnesium 250 mg (as Magnesium Oxide)	63%

Other Ingredients: Vegetable Cellulose, Starch, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives,
No Lactose, No Soy, No Egg,
No Grapefruit, No Fish,
No Sweetener, No Sugar,
No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.

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

Directions: For adults, take one (1) tablet daily, preferably with a meal.

Since at least half of the Magnesium in the body is combined in the bones with Calcium and Phosphorus (essential bone components), supplementing with Magnesium daily is essential for proper bone metabolism.* This high-quality mineral formula is ideal for supporting daily bone health.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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