

Suggested Usage: As a dietary supplement, take 2 tablets daily, preferably with meals.

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.

Mineral

Magnesium Citrate

200 mg • Vegetarian Formula

Dietary Supplement

250 Tablets



PHYSICIAN'S PREFERENCE®

Supplement Facts

Serving Size 2 Tablets Servings Per Container 125

Amount Per Serving	%Daily Value
Magnesium (as Magnesium Citrate) 400 mg	100%

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetable Coating.

Magnesium Citrate is more easily digested and better absorbed than other forms of magnesium.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

Store in a cool, dry place.

Physician's Preference®

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