

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by your healthcare provider. Do not exceed recommended dosage.

Keep out of reach of children.

Do not use if product appears to be tampered with or seal is broken.

Store at room temperature.

Gluten Free. Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



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**21ST
CENTURY®**



DIETARY SUPPLEMENT

Magnesium
250 mg

**Essential For Protein Synthesis
& Cellular Energy***

110 ~~10~~ Tablets

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 110

Amount Per Serving		% DV
Calcium (as Calcium Carbonate)	47 mg	5%
Magnesium (as Magnesium Oxide)	250 mg	62%

Percent Daily Value (DV).

Other Ingredients: Cellulose, Stearic Acid, Kelp, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST CenturyHealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



21ST Century® ... for a healthier future.

Magnesium 250 mg

Necessary for the metabolism of calcium, vitamin C, phosphorus, sodium, and potassium. Magnesium is essential for nerve and muscle function, and for converting blood sugar to energy.*

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