

CODE 1290



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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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

Magnesium Citrate is produced from the synthesis of Magnesium Carbonate and Citric Acid and is a readily bioavailable source of this key mineral. It plays key roles in the activation of amino acids for protein biosynthesis and is highly concentrated in intracellular fluid and bone.* Look for this and other fine NOW® products in health food stores nationwide.

SUGGESTED USAGE: As a dietary supplement, take two tablets daily, preferably with meals.

Magnesium Citrate

200 mg

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

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

Other Ingredients: Cellulose, Magnesium Stearate (vegetable source) and Stearic Acid (vegetable source).

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

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