

This product has been developed, manufactured and packaged by Vitamin World. Our world-class facilities allow us to control exactly what goes into each product. It is your assurance that you are getting the highest quality and freshest products. ***You have our guarantee!***

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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.

TO REORDER PROD. # **15215**
www.vitaminworld.com

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VITAMIN WORLD
get healthy.

**Preferred
Form for
Absorption**

Magnesium Citrate

Promotes Bone and Muscle Health*
Supports Sugar Metabolism*

Dietary Supplement

100

**Rapid Release
CAPSULES**

DIRECTIONS: For adults, take one (1) to five (5) capsules daily, preferably with a meal.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Magnesium (as Magnesium Citrate)	100 mg 25%

Other Ingredients: Gelatin, Rice Flour, Vegetable Magnesium Stearate.

Magnesium plays an essential role in maintaining bone mineralization and sugar metabolism.* Magnesium is also involved in muscle contractions and nerve impulses.* Magnesium Citrate is a superior supplement for absorption and bioavailability, making it the preferred Magnesium dosage form.

*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.