

ACTUAL SIZE



CODE 1292

V3

www.nowfoods.com

Made in the U.S.A.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with meals. Consider taking this product in combination with NOW® Calcium, Osteo-Boron, Vitamin D and Zinc.

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.*



Magnesium Citrate

NERVOUS SYSTEM SUPPORT

200 mg

- Supports Energy Production
- Critical for Enzyme Function*

250 Tablets

A Dietary Supplement
Vegetarian Formula



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. Please Recycle.