

CODE 1295 V5

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of children.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach

of children.

contains no excipients or fillers.*

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. NOW® Magnesium Citrate Powder is a highly bioavailable form of Magnesium and con-

tains no excipients or fillers.*

SUGGESTED USAGE: As a dietary supplement, mix 1/2 level teaspoon (1.9 g) of powder into at least 6 oz. of juice or water. Take once daily with a meal. This product must be diluted into a liquid before ingestion. Consider taking these other NOW® products: Calcium, Boron, Vitamin D and Zinc.

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Magnesium Citrate

NERVOUS SYSTEM SUPPORT

100% Pure Powder

- Supports Energy Production
- Critical for Enzyme Function*

Net. Wt. 8 oz. (227 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1/2 Level Teaspoon (1.9 g)

Servings Per Container about 119

Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	315 mg 79%

Other ingredients: None.

Distributed by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/1295

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

***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.**