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SUGGESTED USAGE: As a dietary supplement, take two tablets daily, preferably with meals, or as directed by your healthcare practitioner.

HOW IT WORKS: Magnesium is a mineral that is essential for a wide range of fundamental cellular functions; it is a cofactor in at least 300 different enzymatic reactions.* Magnesium is well known for its role in healthy cardiovascular function, through its involvement in the body's maintenance of normal blood pressure and heart rhythm.* Magnesium also contributes significantly to bone formation and mineralization.* It plays a critical role in the regulation of muscle contraction and nerve activity through its influence on cell membrane permeability, as well as by helping to maintain the charge balance of the bodily fluids.* In addition, Magnesium is essential for the production of cellular energy from the metabolism of carbohydrate and fat.* Magnesium Citrate has been found to be highly bioavailable.*

CAUTIONS/INTERACTIONS: Large doses of oral magnesium may have a laxative effect. Magnesium can interact with some antibiotics, diuretics, bisphosphonates, and muscle relaxants. In addition, many medications can affect magnesium absorption and excretion. If you are taking prescription medications, consult your healthcare practitioner before using this product. For more information on this product go to www.protocolforlife.com/P1290

PROTOCOL
FOR LIFE BALANCE™

Magnesium Citrate

- Cardiovascular Support*

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



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, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Manufactured by Protocol For Life Balance™
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

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.