

SUGGESTED USE: Take 1 capsule with or without food or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:
Seeking Health
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812



P H Y S I C I A N F O R M U L A T E D



SeekingHealth®

Optimal Magnesium

150 mg

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%Daily Value
Magnesium (80% as Albion® DiMagnesium Malate and 20% as TRAACS® Magnesium Lysinate Glycinate Chelate)	150 mg	36%

Other Ingredients: HPMC (capsule), ascorbyl palmitate, medium-chain triglyceride oil, L-leucine, and silica.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

Optimal Magnesium Meets or Exceeds cGMP Quality Standards.



Albion®, TRAACS®, and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc.

REV. 011017
ZCL-SKGHEALTH-012-02

This package is completely recyclable