



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Magnesium (Lactate)

Mineral Supplement

120 capsules • 84 mg



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take one capsule two times per day with water.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Magnesium (from magnesium lactate)	84 mg 20%

Other ingredients: Gelatin, microcrystalline cellulose (plant fiber), medium-chain triglycerides oil (palm), magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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