

Recommended Dose: Adults (19 years and older): Take one tablespoon one to two times daily or as recommended by your healthcare practitioner. **Adolescents (9-18 years):** Take one tablespoon daily or as recommended by your healthcare practitioner. If preferred, Magnesium Glycinate Liquid can be mixed with juice or water. **Risk Information:** Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, taking any medication, or have any health condition. Some people may experience diarrhea at doses greater than 351 mg per day. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, artificial coloring or flavoring, dairy or animal products. Ideal for vegans. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of children.

Seroyal
Made in Canada for
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GENESTRA BRANDS

Magnesium Glycinate Liquid

MINERAL SUPPLEMENT
Natural Apple-Pomegranate Flavor

15.2 fl oz (450 ml)

Supplement Facts

Serving Size 1 Tablespoon (15 ml)
Servings per Container 30

Each Tablespoon Contains		%DV
Calories	30	
Total Carbohydrate	5 g	2%♦
Magnesium (as magnesium glycinate)	250 mg	63%

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, xylitol, DL-malic acid, concentrated apple juice, natural flavor, potassium sorbate, rebaudioside A (stevia leaf extract)

Spot UV Location

V2 **225-450U**
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