



Supplement Facts

Serving Size 1 Scoop (3.9 g)
Servings Per Container 58

Amount Per Serving		% Daily Value
Magnesium (from magnesium citrate)	630 mg	150%

Box 1 of 1 (1)

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

SUGGESTED USE: As a dietary supplement, mix one scoop (3.9 g) in eight ounces of your favorite liquid. It is recommended to take with food. Scoop included.

WARNING: Consult your healthcare provider before use if you are pregnant, nursing, taking prescription medications or have a medical condition.

NOTE: Product contains desiccant packet to maintain freshness. Do not eat the desiccant packet.

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

