

List No. 2883
L200
Cat. A533
5A009



HIGH POTENCY
Magnesium
400 mg

ONE SOFTGEL
DAILY

DIETARY SUPPLEMENT
150 SOFTGELS

Helps Support
Nerve, Muscle &
Heart Function†

†This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

MAGNESIUM ALSO HELPS SUPPORT HEALTHY BONES AND TEETH, AND IS ESSENTIAL
IN CONVERTING FOOD INTO CELLULAR ENERGY.†

Colors Derived from Natural Sources - No Synthetic Dyes
No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

SUGGESTED USE: Take one softgel daily, with a meal. For easier swallowing, take with
water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place,
out of reach of children. **Do not use if imprinted seal under cap is broken or missing.**

CAUTION: Do not exceed one softgel daily or take with other products that contain
magnesium, unless recommended by your healthcare professional.

Product may cause gastrointestinal disturbance, including diarrhea. Consult a physician
before use, if you have kidney disease or if you are taking prescription medications.

Supplement Facts

Serving Size 1 Softgel	
Amount Per Softgel	% Daily Value
Calories 10	
Calories from Fat 5	
Total Fat 0.5 g	Less than 1%*
Magnesium (as Magnesium Oxide) 400 mg	100%

*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS:
Medium Chain Triglycerides,
Gelatin (Porcine), Glycerin,
Water, Soy Lecithin, Colors
Added, Yellow Beeswax.
Contains: Soy.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A.
1-800-276-2878 • www.NatureMade.com

Magnesium softgels are made to Nature Made's guaranteed purity and potency standards.

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Lot:
Exp:

