

List No. 2887  
L201  
Cat. A697  
5A007



# Magnesium

**MAXIMUM STRENGTH 500 mg**

✓ **MAXIMUM STRENGTH FOR  
INDIVIDUALS DIAGNOSED WITH  
LOW LEVELS OF MAGNESIUM**

**60** SOFTGELS

DIETARY SUPPLEMENT

**Nature Made® Maximum Strength Magnesium** provides 500 mg of magnesium, a mineral essential in supporting optimal health:

- Helps support nerve, heart, and muscle function†
- Helps support healthy bones and teeth, and is essential in converting food into cellular energy†

**M MAXIMUM 500 mg** – Helps restore healthy levels of magnesium in adults with low levels. For more information, visit [NatureMade.com](http://NatureMade.com).

Colors Derived from Natural Sources – No Synthetic Dyes

No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

**SUGGESTED USE:** Consult your health care professional before use. For easier swallowing, take with water before and during ingestion. Take one softgel daily, with a meal. Keep bottle

## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 10	
Calories from Fat 5	
Total Fat 0.5 g	1%*
Saturated Fat 0.5 g	3%*
Magnesium (as Magnesium Oxide) 500 mg	125%

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

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

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

**STRENGTH LEVELS**  
of Magnesium

**R** **REGULAR**  
250 mg or below

**E** **EXTRA**  
above 250 mg  
up to 400 mg

**M** **MAXIMUM**  
above 400 mg  
up to 500 mg

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 health care 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.

**OTHER INGREDIENTS:** Medium Chain Triglycerides, Gelatin, Glycerin, Soy Lecithin, Water, Colors Added. Contains: Soy.

Distributed by: **Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

Encapsulated and quality tested in the U.S.A.

Lot:  
Exp.: