

**VALUE SIZE**

List No. 2895  
L201  
Cat. A685  
5A009



# Magnesium Citrate



**100% MAGNESIUM CITRATE FORM\*\***

DIETARY SUPPLEMENT  
**120 SOFTGELS**

**Absorbs Better Due to Citrate Form<sup>†</sup>**

Helps Support Nerve, Muscle & Heart Function.<sup>†</sup> Magnesium also supports healthy bones and teeth, and is essential in converting food into cellular energy.<sup>†</sup>

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container: 60

Amount Per Serving	% Daily Value
Calories 15	
Calories from Fat 10	
Total Fat 1 g	2%*
Saturated Fat 1 g	5%*
Total Carbohydrate 2 g	< 1%*
Protein less than 1 g	
Magnesium (as Magnesium Citrate) 250 mg	63%

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

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

USP has tested and verified ingredients, potency, and manufacturing process.  
USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org).

<sup>†</sup>Magnesium Citrate is a more highly absorbable form than Magnesium Oxide.

\*\*Active ingredient is 100% Magnesium Citrate.

**†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.**

Citrate form offers higher absorption.<sup>†</sup>

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

**SUGGESTED USE:** Take two softgels 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:** Consult a physician before use, if you have kidney disease or if you are taking prescription medications.

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