

List No. 2896
L201
Cat. A685
5A007



Magnesium Citrate



100% MAGNESIUM CITRATE FORM**

DIETARY SUPPLEMENT
60 SOFTGELS

Absorbs Better Due to Citrate Form†

Helps Support Nerve, Muscle & Heart Function.* Magnesium also supports healthy bones and teeth, and is essential in converting food into cellular energy.* Citrate form offers higher absorption.*

Supplement Facts

Serving Size 2 Softgels
Servings Per Container: 30

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

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

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.

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

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org.

‡ 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.

Lot:
Exp.:

