

Directions: Take one capsule 2–3 times daily with meals or as directed by your healthcare practitioner.

Magnesium Citrate plays key roles in the activation of amino acids for protein biosynthesis and is highly concentrated in intracellular fluid and bone.* It is essential for energy production and metabolism.* Magnesium Citrate supports normal muscle contraction and relaxation responses during rest or vigorous activity.* It may also help in the prevention of nocturnal leg muscle cramps and support healthy bone structure.*

*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.

This Formula Meets or Exceeds cGMP Quality Standards.



Bone and Muscle Support*

Magnesium Citrate

Extra Strength

200 mg

120 vegetable capsules gluten free
PROFESSIONAL USE ONLY | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

	Amount	%DV†
Magnesium (as magnesium citrate)	200 mg	50%

† Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: HPMC (vegetable capsule), cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, vegetable coating.

Free of: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Suitable for Vegetarians

Manufactured for: **NuMedica® LLC**
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