

DIRECTIONS: Adults: take one tablet daily with a meal, as a dietary supplement or as directed by a doctor.

DRUG INTERACTION PRECAUTION: This product may interact with certain prescription drugs. If you are presently taking a prescription drug, do not take this product without consulting your doctor or other health professional.

WARNING: Not recommended for use in amounts over the recommended daily intake of 400mg per day (1 tablet). Ask a doctor or pharmacist before use if you have a known allergy to this product. Stop use and contact a doctor if an allergic reaction occurs. Consult a doctor before using this product if you have kidney disease, or are pregnant or nursing a baby. May have a laxative effect.

KEEP OUT OF REACH OF CHILDREN

Store in a dry place at room temperature

DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, Yeast, Preservatives, Artificial Colors, Artificial Flavors, Animal By-Products

Lot No.

Exp. Date



Magnesium Oxide 400 mg

DIETARY SUPPLEMENT
120 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount per Tablet	% Daily Value
Magnesium 240 mg (from Magnesium Oxide 400 mg)	60%

OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, pregelatinized corn starch, croscarmellose sodium, sodium starch glycolate, magnesium stearate.

Distributed by: **Reliable 1 Laboratories LLC**
Valley Stream, NY 11580

(516) 341-0666 www.reliable1labs.com

Rev. 0615

