

**TWIN PACK**

446312L200  
Cat. A806  
5A004

**Nature Made**

# Magnesium

250 mg

DIETARY SUPPLEMENT  
**100 TABLETS**

Helps Support  
Nerve, Muscle &  
Heart Function<sup>†</sup>

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**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>

**Color Derived from Natural Source – No Synthetic Dyes**

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

**SUGGESTED USE:** Take one tablet 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.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Magnesium (as Magnesium Oxide)	250 mg 63%

**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:** Cellulose Gel, Croscarmellose Sodium, Stearic Acid, Hypromellose, Magnesium Stearate, Silicon Dioxide, Color Added, Polyethylene Glycol, Triethyl Citrate, Polysorbate 80.

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)

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

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Lot.:  
Exp.: