

It is estimated that 1 in 2 Americans have inadequate dietary intakes of Magnesium, the fourth most abundant mineral in the body. Magnesium is needed for more than 300 biochemical reactions in the body and is essential to good health.\*\*

Country Life's Magnesium Glycinate is fully reacted with an amino acid chelate. It offers a bioavailable source of magnesium that is easily digested and absorbed by the body.\*\*

This Liquid Tangy Berry Magnesium Glycinate is a delicious, and sugar free alternative to swallowing pills and tablets. A 1-ounce dosage is all that is needed to fulfill your daily requirement to maintain normal muscle and nerve function, keep heart rhythm steady, support a healthy immune system, support energy production, support cardiovascular function, relax your muscles, and keep your bones strong.\*\*

This product has been manufactured at a GMP Registered facility.

**\*\* 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.**

- YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG
- YES** CERTIFIED VEGAN BY THE AVA
- YES** RECYCLABLE PACKAGING
- YES** MANUFACTURING SUPPORTS WIND POWER
- NO** YEAST OR WHEAT
- NO** SOY, MILK OR SUGAR
- NO** ARTIFICIAL COLORS
- NO** ARTIFICIAL FLAVORS
- NO** ARTIFICIAL SWEETENERS
- NO** MAGNESIUM STEARATE



· FULLY-REACTED ·  
**MAGNESIUM  
GLYCINATE**

**400 mg**

**Certified Gluten-Free**

- Supports heart health\*\*
- Promotes healthy bone and muscle function\*\*
- No pills to swallow
- Sugar free

**TANGY BERRY  
FLAVOR**



**Dietary Supplement**  
32 FL. OZ. (1 QT.) (944 mL)

**LIQUID**

— *Our PLEDGE of INTEGRITY* —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**Directions:** Adults take one cap (1 fl. oz.)(29.5 mL) daily or as directed by a health care professional. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

**Supplement Facts**

<b>Serving Size</b> 1 fl. oz. (29.5 mL)		
<b>Servings Per Container</b> about 32		
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Calories	15	
Total Carbohydrate	4 g	1%*
Magnesium (as magnesium glycinate)†	400 mg	100%

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

Other Ingredients: Purified water, natural vegetable glycerin, citric acid, natural raspberry flavor, natural lemon lime flavor, xanthan gum, sodium benzoate (preservative), potassium sorbate (preservative), organic stevia extract (rebaudioside A).

† Country Life always labels minerals in elemental weight.

**CAUTION:** If you are pregnant or nursing, taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken. Store between 59°-86° F until opened. Refrigerate after opening and use within 45 days. Shake well before use. Take only as directed. Do not exceed recommended dose. Keep out of the reach of children.**

See container for "Lot No." and "Best By" date.

Manufactured for Country Life, LLC  
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CountryLifeVitamins.com  
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