

swanson.com
or call 1-800-437-4148

- Essential for strong muscles and bones, cardiovascular health and more
- Helps maintain healthy blood pressure and glucose levels

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one tablet one to two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



Magnesium Citrate

Muscle and Bone Health

225 mg SUPER STRENGTH

MINERAL SUPPLEMENT | 120 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Magnesium	225 mg	54%
(from magnesium citrate)		

Other ingredients: Stearic acid, croscarmellose sodium, hydroxypropyl methylcellulose, titanium dioxide, silica, magnesium silicate, triacetin, magnesium stearate, hydroxypropyl cellulose, carnauba wax.

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