

Suggested Use: Take 2 capsules once daily at bedtime, as a dietary supplement, or as directed by a physician. If upset stomach occurs take with a snack.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

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Magnesium Complex™

30 Capsules

Dietary Supplement

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 15

Amount Per Serving	% Daily Value	
Magnesium (as Magnesium oxide, TRAACS® magnesium glycinate chelate buffered)	365 mg	91%
Zinc (TRAACS® zinc glycinate chelate)	50 mg	333%
Hawthorne extract (leaves & flowers) [Standardized for 1.8% vitexin-2-rhamnoside (3.24 mg)]	180 mg	†
Melatonin	3 mg	†

† Daily Value not established

** Daily Values are based on a 2,000 calorie per day diet.

Other Ingredients: Gelatin capsule, magnesium stearate, rice flour.

