



Magnesium

Mineral Supplement

500 capsules • 200 mg

SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE:

As a dietary supplement, take two capsules per day with food and water.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 250

Amount Per Serving		% Daily Value
Magnesium	400 mg	95%
(from magnesium oxide)		

Other ingredients: Rice flour, gelatin, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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