

Suggested Use

As a dietary supplement for adults, take 1 capsule twice daily with meals, or as directed by a healthcare professional.

Caution: High doses of magnesium can have a laxative effect.

Magnesium is an essential mineral involved in over 300 metabolic reactions. It also supports muscle relaxation.[†]

[†] This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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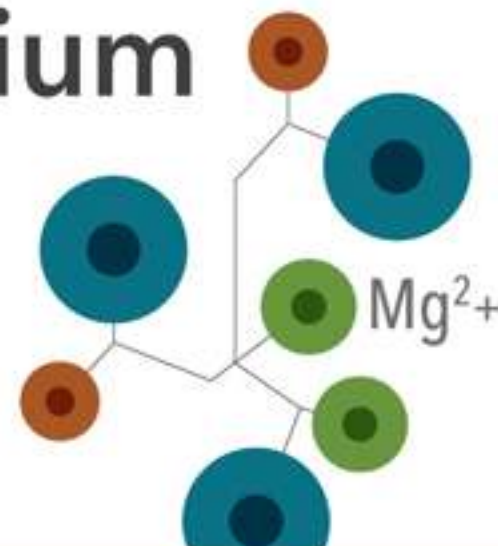
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**ENERGETIC
NUTRITION®**
Nutrients for an Energetic Lifestyle®

Magnesium Citrate

Dietary Supplement
90 Vegetarian Capsules



Supplement Facts

Serving size: 1 Capsule
Servings Per Container: 90

Amount Per Serving	% Daily Value
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Magnesium (as Magnesium Citrate) 140 mg	35%
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Other ingredients: vegetable cellulose, vegetable stearate, rice flour.

This product is vegetarian and free of citrus, corn, gluten and yeast.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this product.

Keep out of reach of children. Store container tightly closed in a cool, dry place.

