

Directions: As a dietary supplement, take one (1) tablet one or two times daily, or as directed by a health professional.

Magnesium plays important roles in the structure and the function of the human body. The adult human body contains about 25 grams of magnesium. Over 60% of all the magnesium in the body is found in the skeleton, about 27% is found in muscle, 6% to 7% is found in other cells. In addition, magnesium is involved in more than 300 essential metabolic reactions including energy production, protein and nucleic acid (RNA, DNA) synthesis, and the transport of calcium and potassium across cell membranes.[†]

Store in a cool, dry place and away from direct light.
Do not use if safety seal under cap is broken or missing.
Keep out of reach of children.

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MADE IN THE USA
GMP Compliant Manufacturing



SUPER MAGNESIUM

375 MG

Chelated magnesium

Supports bone & muscle health[†]
Multiple forms of magnesium[†]

250 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 250

	Amount Per Serving	%DV*
Magnesium	375 mg	94%
(as Oxide, Amino Acid Chelate, Aspartate, Ascorbate, Citrate)		

*% Daily Value

Other Ingredients: Microcrystalline cellulose, vegetable stearin, croscarmellose, magnesium stearate (vegetable source), silicon dioxide and titanium dioxide.

Note: The magnesium potency indicated is elemental.

Contains No: gluten, sugar, salt, yeast, corn, wheat, lactose, citrus, milk, egg, fish products, artificial flavoring, or preservatives.

[†] 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.

Viva Vitamins™ fully guarantees the potency of this product through: