

Magnesium helps to regulate calcium transport and absorption. By stimulating the secretion of calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization. Along with ATP, magnesium supports cellular energy release. It also promotes nerve and muscle function. This formulation offers Vitamin B6 to support energy metabolism and nervous system health in the body.*

*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.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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MAGNESIUM WITH VITAMIN B 6

PROMOTES HEALTHY BONE MINERALIZATION*
SUPPORTS NERVE & MUSCLE FUNCTION*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 33

Amount Per Serving	%DV
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Vitamin B6	25 mg	1,250%
(as pyridoxine HCl)		

Magnesium	400 mg	100%
(as magnesium oxide)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin, Titanium Dioxide Color.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a health-care practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your health-care practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

