



# magnesium glycinate

400mg per 3 tablets

mineral  
90 tablets  
dietary supplement

energy production<sup>▼</sup>  
muscle relaxation<sup>▼</sup>  
heart health<sup>▼</sup>

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (as magnesium glycinate)	400 mg	95%

**Other ingredients:** Microcrystalline cellulose, stearic acid, aqueous coating, croscarmellose sodium, silicon dioxide, magnesium stearate.

**Does not contain:** Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

▼ 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.

**DIRECTIONS:** Take three (3) tablets daily with a meal or a glass of water.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical condition.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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