

swanson.com
or call 1-800-437-4148

- Essential for strong muscles and bones, cardiovascular health and more
- Helps maintain healthy blood pressure and glucose levels

Science-Backed Quality Since 1969

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

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Magnesium

Muscle and Bone Health

200 mg per capsule

MINERAL SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 125

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 • 1-800-437-4148 Rev 2 08 20 18

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