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VITAMIN WORLD[®]
get healthy.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **5535**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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High Potency Magnesium 500 mg

*Supports Bone and Muscle Health**

Vegetarian Dietary Supplement

COATED CAPLETS

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	
Magnesium	500 mg	125%
(as Magnesium Oxide)		

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Citric Acid. **Contains <2% of:** Titanium Dioxide Color, Vegetable Magnesium Stearate.

Magnesium plays an essential role in maintaining bone mineralization.* Magnesium is also involved in muscle contractions and nerve impulses.*

*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.