

Recommended Dose: Adults (19 years and older): Take 1 capsule 4 times daily or as recommended by your health professional. **Adolescents (9-18 years):** Take 1 capsule 3 times daily or as recommended by your health professional. **Children (6-8 years):** Take 1 capsule daily or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Some people may experience diarrhea at doses greater than 350 mg per day. Use only if safety seal is intact. Store in a cool, dry place. Keep out of the reach of children.

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order to
accommodate required labeling. Please
rely on stated quantity.

v2 **216-90U**
Manufactured for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com



GENESTRA
BRANDS®

Magnesium

Dietary Supplement

*Supports cardiometabolic, neurocognitive and
musculoskeletal health[†]*

90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

Servings per Container 90

	Amount Per Serving	% DV
Magnesium (as magnesium aspartate/oxide)	100 mg	24%
% Daily value (DV)		

Other Ingredients: Cellulose, hypromellose, magnesium stearate, silica

