

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

- Lactose-free magnesium lactate capsules
- Lactate mineral form is better tolerated and easier on the stomach

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule two times per day with 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.



Magnesium Lactate

Muscle and Bone Health

84 mg per capsule

MINERAL SUPPLEMENT | 120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	84 mg	20%
(from magnesium lactate)		

Other ingredients: Gelatin, micro-crystalline cellulose (plant fiber), medium-chain triglycerides oil (palm), magnesium stearate.

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