

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

- Supports nerve, muscle, bone and heart health
- Patented mineral glycinate chelated form promotes optimum absorption

Science-Backed Quality Since 1969

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

TRAACS®, Albion® and the Gold Medallion® are registered trademarks of Albion Laboratories, Inc.



WARNING: For adults only. Consult physician 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.



Chelated Magnesium

Muscle and Bone Health

133 mg per capsule AMINO ACID CHELATED FORM

MINERAL SUPPLEMENT | 90 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	133 mg	32%
(from TRAACS® magnesium bisglycinate chelate buffered)		

Other ingredients: Magnesium oxide, gelatin, citric acid, silica, maltodextrin, microcrystalline cellulose (plant fiber), magnesium stearate.

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