Suggested Use: 4 capsules daily preferably with meals or as directed by a health care professional.

CAUTION: Consult a physician before using this or any dietary supplement. Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

KEEP OUT OF REACH OF CHILDREN, DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING, STORE IN A COOL DRY PLACE (59°F-85°F) AWAY FROM DIRECT LIGHT.





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*100% DV Magnesium Easy to Swallow Capsules Gluten Free & Vegetarian Suitable

High Absorption and Availability

Dietary Supplement 100 Vegetarian Capsules

Supplement Facts

Serving Size: 4 Vegetable Capsules Servings Per Container: 25

Amount Per Capsule

% Daily Value

Magnesium (TRAACS®

400 mg 100%

magnesium biglycinate chelate‡, magnesium oxide)

*Daily value not established

Other ingredients: Vegetarian capsule (hydroxypropyl methycellulose, water), L-leucine, and silicon dioxide

‡Albion® Laboratories

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.