



magnesium citrate

200mg

energy production[▼]

muscle
relaxation[▼]

mineral
100 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	200 mg	50%

Other ingredients: Microcrystalline cellulose, stearic acid, silica, magnesium stearate, aqueous coating (purified water, polydextrose, hypromellose, titanium dioxide, glycerin), croscarmellose sodium.

Does not contain: Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

▼ 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.

Directions: Take one (1) tablet up to twice daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

A source of magnesium 100% from citrate, a form highly utilized by the body. Two tablets provide 100% of the Daily Value. In addition to supporting muscles, magnesium is important for the functioning of the nervous system and heart.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal
is broken or missing.

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30 DAY
MONEY BACK
GUARANTEE

Item No. VS-1976 1319706

