

Magnesium Citrate

Magnesium in the citrate form.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium can have a laxative effect.

Contraindicated with use of aluminum containing drugs.

This nutrient is of the highest quality and purity obtainable, is free of all common allergens (antigens), and does not contain preservatives, diluents, or artificial additives.

Store in a cool, dry place, tightly capped.



AllergyResearchGroup

Magnesium Citrate



dietary supplement

HYPOALLERGENIC

90 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	90

Amount Per Serving	% Daily Value
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Magnesium (as Magnesium Citrate)	170 mg	43%
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Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate.

Formulated exclusively for
Allergy Research Group® Alameda, CA, 94502
www.allergyresearchgroup.com

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