



Magnesium Citrate

Pure Powder

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

NET WT. 8 OZ. (227 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Level Teaspoon (3 g)
Servings Per Container about 76

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	435 mg	104%

Other ingredients: None.

Distributed & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This magnesium citrate is a fully reacted mineral supplement.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



Suggested Usage: Mix 1 level teaspoon of powder into at least 8 oz. of cold water or clear liquid. Add powder slowly while stirring. Take once daily with a meal. Pure magnesium citrate powder can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

*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.

Caution: This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1295B

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