

21ST
CENTURY.



Directions: As a mineral supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors.

*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.

Magnesium

250 mg



Bone & Muscle
Support*

MINERAL SUPPLEMENT

110 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Calcium	65 mg	6%
(as Calcium Carbonate)		
Magnesium	250 mg	60%
(as Magnesium Oxide)		

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Kelp. **Contains <2% of:** Magnesium Silicate, Magnesium Stearate, Maltodextrin, Silicon Dioxide.

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
500478-1217N



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Magnesium 250 mg



Magnesium is an essential mineral and supports bone and muscle health.* 500478-1217N

ACTUAL
SIZE



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