



Simple Truth® Chelated Magnesium -- 250 mg - 180 Tablets

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Details

Reviews

Simple Truth® Chelated Magnesium Description

Free From 101 Artificial Preservatives & Ingredients

Amino Acid

Gluten Free

Promotes Heart, Bone and Female Health

Magnesium plays many roles in supporting overall health. Specifically, magnesium promotes healthy bones and teeth. In addition, it supports the heart, female health, and is involved in energy production.

By creating this supplement as a chelated mineral, our Chelated Magnesium is more easily and efficiently absorbed by the body.

Directions

Take one tablet up to two times daily with food.

Free Of

Artificial flavors, or preservatives; wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

*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.

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 180

	Amount Per Serving	% Daily Value
Magnesium (from magnesium oxide, amino acid chelate)	250 mg	60%

Other Ingredients: Dicalcium phosphate, cellulose, modified cellulose gum, silica, stearic acid (vegetable source), magnesium stearate, glutamic acid, protein hydrolysate (milk), titanium dioxide and glycerin.

Contains Milk