



Suggested Use: Take two softgels daily, with a meal.

Colors Derived from Natural Sources- **No Synthetic Dyes, No Colors Added, No Artificial Flavors, No Preservatives, No Yeast, Gluten Free**

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Ingredients: Magnesium Citrate, Medium Chain Triglycerides, Gelatin, Glycerin, Soy Lecithin, Water, Yellow Beeswax, Titanium Dioxide (artificial color), Vegetable and Fruit Juice (artificial color), Carmine (artificial color).

[Product Description](#)

[Product Detail](#)

[Supplements facts](#)

[Email To A Friend](#)

Kirkland Signature Magnesium Citrate‡

Kirkland Signature Magnesium Citrate is formulated with the more absorbable magnesium citrate form, compared to magnesium oxide. ‡ Just 2 convenient softgels per day provide 250 mg of magnesium. †

- Helps support healthy bones and teeth†
- Helps support healthy heart, muscle, and nerve function†
- Helps convert food into cellular energy†

Why is adequate magnesium intake important?

Magnesium is an essential mineral that is involved in over 300 biochemical reactions in the body. Magnesium is the fourth most abundant mineral in the body with approximately 50% of total body magnesium found in bone.

How much magnesium do I need daily?

The Recommended Dietary Allowance (RDA) for adult males (19 to 30 years old) is 400 mg/day and for adult females (19 to 30 years old) is 310 mg/day. The RDA for adult males (31 years and older) is 420 mg/day and for adult females (31 years and older) is 320 mg/day.

What are the food sources of magnesium?

Magnesium is a part of chlorophyll, the pigment that gives plants their green color. Green leafy vegetables, like spinach, are therefore good sources of magnesium. Whole grains and nuts are also rich sources, including bran cereals, brown rice, peanuts and almonds.

Magnesium citrate is a more highly absorbable form than magnesium oxide.