

Since 1972

Skeletal System Support

Magnesium is an essential mineral that is important to the function of every cell in the body. Organs such as the heart, brain, and kidneys require adequate levels of this mineral for proper function. **Magnesium Complex** combines a superior blend of two highly bioavailable forms of magnesium -citrate and malate. Magnesium citrate is an alkalizing form while magnesium malate has been found to promote musculoskeletal health.*

**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.*

RECOMMENDATION

Take two capsules twice daily with a meal.
This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

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MAGNESIUM COMPLEX

- **Contributes to energy production***
- **Promotes musculoskeletal health***
- **Highly bioavailable***

Mineral Supplement

100 CAPSULES

Stock No. 1859

**NATURE'S SUNSHINE
PRODUCTS, INC.**

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Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per 2 Capsules	%Daily Value
Magnesium (as citrate, and malate)	200 mg 50%

Other Ingredients: Capsule (gelatin, water), cellulose (plant fiber), magnesium stearate (vegetable), silicon dioxide (powdered silica).

GUARANTEED PURE



LOT:
Full Potency Through: