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No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **33098**  
[www.vitaminworld.com](http://www.vitaminworld.com)

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**Preferred  
Form for  
Absorption**

# Magnesium Citrate 250 mg

*Promotes Bone and Muscle Health\**  
*Supports Sugar Metabolism\**

Dietary Supplement

**90**  
**RAPID RELEASE  
CAPSULES**

**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value	
Magnesium (as Magnesium Citrate)	250 mg	63%

**Other Ingredients:** Gelatin, Citric Acid, Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Magnesium plays an important role in maintaining bone mineralization and sugar metabolism.\* Magnesium is also involved in muscle contractions and nerve impulses.\* Magnesium Citrate is a superior supplement for absorption and bioavailability, making it the preferred Magnesium dosage form.

\*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.