



SUPPORTS ESSENTIAL NERVE, MUSCLE & HEART FUNCTION – MAGNESIUM IS ALSO ESSENTIAL IN THE FORMATION OF BONES AND TEETH AND IN CONVERTING BLOOD SUGAR INTO ENERGY†

Colors Derived from Natural Sources • No Synthetic Dyes
No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

SUGGESTED USE: Take one softgel daily, with a meal. Keep bottles tightly closed.
Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

CAUTION: Consult a physician before use, if you have kidney disease or if you are taking prescription medications.

Supplement Facts

Serving Size 1 softgel

Amount Per Softgel	% Daily Value
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Calories 10	
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Calories from Fat 5	
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Total Fat 0.5 g	Less than 1%*
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Magnesium (as Magnesium Oxide) 400 mg	100%
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*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Medium Chain Triglycerides, Gelatin, Glycerin, Water, Soy Lecithin, Colors Added, Yellow Beeswax.

Contains: Soy

Distributed by:

Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A.
1-800-276-2878

www.NatureMade.com

Magnesium liquid softgels are made to Nature Made's guaranteed purity and potency standards.

†Valid only for U.S. and Puerto Rico residents.

†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.