

SUGGESTED USE: Take 1 capsule daily with or without food or as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, or artificial colors.

Optimal Magnesium Meets or Exceeds cGMP Standards.

This package is completely recyclable ♻️



P H Y S I C I A N F O R M U L A T E D



Seeking Health®

Optimal Magnesium

150 mg

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

	Amount Per Serving	%Daily Value
Magnesium (80% as DiMagnesium Malate and 20% as Magnesium Lysinate Glycinate Chelate [§])	150 mg	36%

Other Ingredients: Vegetarian capsule (hypromellose and water), ascorbyl palmitate, L-leucine, and silica.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health, LLC
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812



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