

This product has been developed, manufactured and packaged by Vitamin World. Our world-class facilities allow us to control exactly what goes into each product. It is your assurance that you are getting the highest quality and freshest products. *You have our guarantee!*

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. # **15215**  
[www.vitaminworld.com](http://www.vitaminworld.com)

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**Preferred  
Form for  
Absorption**

# Magnesium Citrate

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

**Dietary Supplement**

**100**  
Rapid Release  
**CAPSULES**

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

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Magnesium (as Magnesium Citrate)	100 mg 25%

**Other Ingredients:** Gelatin, Vegetable Cellulose, Vegetable Magnesium Stearate.

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

\*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.