

Directions: Take one tablet 2–3 times per day with a meal or as directed by your healthcare practitioner.

Magnesium Citrate plays key roles in the activation of amino acids for protein biosynthesis and is highly concentrated in intracellular fluid and bone.* It is essential for energy production and metabolism.* Magnesium Citrate supports normal muscle contraction and relaxation responses during rest or vigorous activity.* It may also help in the prevention of nocturnal leg muscle cramps and support healthy bone structure.*

*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.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

This Formula Meets or Exceeds cGMP Quality Standards.

Does Not Contain: Milk, eggs, fish, shellfish, peanuts, wheat, soy.



PROFESSIONAL QUALITY FORMULAS

Magnesium Citrate

Extra Strength Tablets (200 mg)

120 Tablets

DIETARY SUPPLEMENT



Bone & Muscle Support*

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

Amount Per Serving	% Daily Value	
Magnesium (from magnesium citrate)	200 mg	50%

Other Ingredients: Cellulose, vegetarian coating [cellulose, calcium carbonate, medium-chain triglycerides (mct oil) (from coconut/palm kernel oil), xylitol], vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate.

Contains: Tree nuts (coconut).

Manufactured for: **NuMedica® LLC**

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Gluten-Free

Vegetarian

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