

Suggested Use

As a dietary supplement for adults, take 1 capsule twice daily with meals, or as directed by a healthcare professional.

Caution: High doses of magnesium can have a laxative effect.

Magnesium Citrate is a dietary supplement to support proper nerve and muscle function.↑

↑ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

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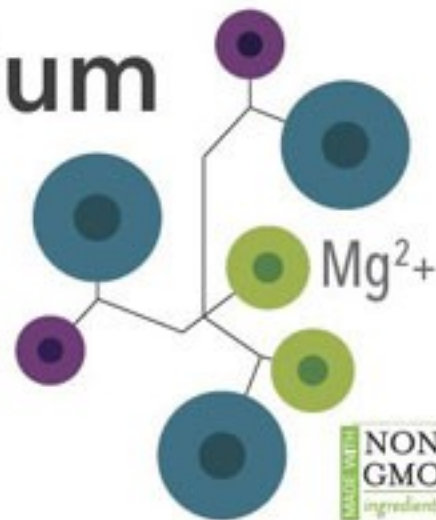
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Magnesium Citrate

VEGETARIAN / GLUTEN FREE

DIETARY SUPPLEMENT
90 CAPSULES



Supplement Facts

Serving size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
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Magnesium (as Magnesium Citrate) 140 mg	35%
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Other ingredients: microcrystalline cellulose, vegetable cellulose, vegetarian leucine.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Keep out of reach of children.
Store container tightly closed
in a cool, dry place.

