



Carlson®

Magnesium

400 mg

Gels

DIETARY SUPPLEMENT

Promotes Regularity* ✓ Cardiovascular Support* ✓ Muscle Function*

250 Soft Gels

Supplement Facts

Serving Size 1 Soft Gel

Servings Per Container 250

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Magnesium (from magnesium oxide)	400 mg	95%

**Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Sunflower oil, beeswax, soft gel shell [beef gelatin, glycerin, water, titanium dioxide (for color)].

Directions: Adults: take one soft gel daily at mealtime. Keep bottle tightly closed. Store away from heat and moisture.

Magnesium is an essential mineral that plays an important role in many body functions. Magnesium is responsible for a healthy heart rhythm, nervous system function, and the normal utilization of calcium and potassium.* Magnesium may naturally help promote regular bowel elimination.*

✓ **Gluten-free** ✓ **Milk/Casein-free**
✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

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