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A simple form of magnesium that is readily absorbed. Magnesium is an essential nutrient that is inadequate in many diets. Research has shown that magnesium is important in the production of energy, and in the function and integrity of muscles, nerves, kidneys, bones, heart and arteries.

Consult a Health Care Professional before taking this product if you are a pregnant or lactating woman, currently under medical care, or are taking prescription drugs.

Do not accept if seal is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Do not freeze.

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.

ALTA
HEALTH PRODUCTS

**MAGNESIUM
CHLORIDE**

Dietary Supplement

100 Tablets

Directions: As a dietary supplement, take 1 to 3 tablets daily. **Attention: Hygroscopic. Keep lid tightly closed. Store in original container only.**

Supplemental Facts

Serving Size: 1 to 3 tablets

	1 Tablet	3 Tablets
Servings Per Container:	100 Servings	33 Servings
Amount Per Serving	1 Tablet	3 Tablets
Magnesium Chloride†	520 mg	1560 mg
Elemental Magnesium	62.17 mg	186.51 mg
% Daily Value	15.54%	46.62%

† %Daily Value not established

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Calcium Silicate, Stearic Acid, Starch, Magnesium Stearate.

Free From: Sugar, salt, yeast, wheat, soy, colorings, flavorings or preservatives. No GMO. Gluten Free.

This is a natural product; color and taste may vary.

Formulated exclusively for:

Made in the USA

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HEALTH PRODUCTS

Idaho City, ID 83631

www.altahhealthproducts.com