

It is estimated that 1 in 2 Americans have inadequate magnesium dietary intake. Magnesium is needed for 300+ biochemical reactions. It also helps maintain normal muscle and nerve function, keep heart rhythm steady, support a healthy immune system, support energy production, relax your muscles.*

* 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.

YES NON-GMO VERIFIED BY TRUE NORTH
YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE
YES CERTIFIED HALAL BY IFANCA

NO YEAST OR WHEAT
NO SOY OR MILK
NO SUGAR OR SALT
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

△Per serving

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



MAGNESIUM CITRATE

250 mg△

Certified Gluten-Free

- Helps relax muscles*
- Supports bone health*
- Only 2 tablets per day



Dietary
Supplement

120 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take two (2) tablets daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium†	190 mg	15%
Phosphorus†	148 mg	12%
Magnesium (as magnesium citrate)†	250 mg	60%

Other Ingredients: Cellulose, dicalcium phosphate, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken.
Store in a dry place between 59°-86° F.
Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2687