

# MAGNESIUM GLYCINATE

400 MG MAGNESIUM  
per 4 capsules

energy production<sup>▼</sup>

muscle relaxation<sup>▼</sup>

cardiovascular health<sup>▼</sup>

**MINERAL**

Dietary Supplement **120** Vegetable Capsules



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

## Supplement Facts

Serving Size 4 Vegetable Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate)	400 mg	95%

**OTHER INGREDIENTS:** Microcrystalline cellulose, hypromellose (capsule), rice bran extracts, silicon dioxide.

**DOES NOT CONTAIN:** Gluten, Sugar, Salt, Preservatives.

<sup>▼</sup> 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.

**DIRECTIONS:** Take four (4) vegetable capsules per day with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.**

### TAMPER EVIDENT

Do not use if outer seal is broken or missing.

Distributed by: The Vitamin Shoppe  
Secaucus, NJ 07094

Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call 1-866-293-3367.

