

**SUGGESTED USE:** As a dietary supplement, take 1 vegetable capsules daily or as directed by a healthcare professional, preferably with meals.

**WHAT IT IS:** Magnesium is a mineral that is found in many foods such as almonds, it is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.\* It is a required cofactor for an estimated 300 enzymes.\* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.\* Magnesium citrate is also important for regulation of calcium balance through its effects on the parathyroid gland.\*



# MAGNESIUM CITRATE

## EXTRA STRENGTH

CRITICAL FOR ENZYME FUNCTION\*  
SUPPORTS ENERGY PRODUCTION\*  
VEGETARIAN FORMULA\*

**125**  
CAPSULES

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Capsules  
Serving Per Container: 125

| Amount Per Serving          | %Daily Value |
|-----------------------------|--------------|
| Magnesium Citrate 15% 400mg | 15%          |

Other Ingredients: Rice Flour, Vegetable Cellulose, Magnesium Stearate and Silicon Dioxide.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk.

Warning: If you are pregnant, may become pregnant, breastfeeding, or are taking medications such as SSRIs or MAOIs, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE. PLEASE RECYCLE.

\*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.



**100%**

**SATISFACTION  
GUARANTEED**

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