

Magnesium helps to regulate calcium transport and absorption.\* By stimulating the secretion of calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization.\* Along with ATP, magnesium supports cellular energy metabolism.\* It also supports nerve and muscle function.\* This formulation provides magnesium citrate, a highly absorbable form of this important mineral.

**WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

**Carefully Manufactured by:**  
Solgar, Inc., 500 Willow Tree Road  
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# MAGNESIUM CITRATE

**HIGHLY ABSORBABLE  
PROMOTES HEALTHY BONES\*  
SUPPORTS NERVE & MUSCLE FUNCTION\***

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS



60 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 30

Amount Per Serving	%DV
Magnesium 420 mg (as magnesium citrate)	100%

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate, Dicalcium Phosphate, Silica, Titanium Dioxide Color, Vegetable Glycerin.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Sweetener.**

**SUGGESTED USE:** As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

\*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.

