

Supplement Facts

Serving Size 1/2 teaspoon (0.4g)

Servings Per Container 210

Amount Per Serving	% DV
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Magnesium 100 mg	25%
(as magnesium carbonate)	

Magnesium

carbonate

400 mg | powder

Magnesium helps maintain normal muscle and nerve function, supports a healthy immune system and keeps bones strong. It also promotes healthy cardiovascular function and metabolism.*

DIETARY SUPPLEMENT
3 OZ. (84 GRAMS)



** This supplement is in powder form and is therefore ready to be absorbed immediately after swallowing.

DIRECTIONS: Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the major food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans (see www.fda.gov). Gluten free.

* THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

