



Suggested usage: Take 1 scoop (2.4 g) mixed with water or juice once per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Magnesium is essential to the proper functioning of many of the body's systems. It helps to maintain proper muscle function, supports the nervous system, helps in tissue formation and aids in energy production.* Magnesium Bisglycinate supports easier digestive absorption of magnesium.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIETARY SUPPLEMENT

Magnesium Bisglycinate · 200 mg · Pure

NERVOUS SYSTEM SUPPORT*

Net Wt 4.2 oz (120 g)

EASY ON THE STOMACH*

Supplement Facts

Serving Size 1 Scoop (2.4 g)
Servings Per Container 50

	Amount Per Serving	% Daily Value
Magnesium (bisglycinate)	200 mg	48%

Other ingredients: Citric acid.

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Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Recyclable container and label.

