

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT



Magnesium (citrate) 150mg

DIETARY SUPPLEMENT

100 VEGETARIAN CAPSULES

Recommendations

1 to 2 capsules 1-2 times daily, or
as directed by your healthcare
professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT,
RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY
PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

Supplement Facts

serving size: 2 vegetarian capsules
servings per container: 50

	amount per serving	% daily value
Magnesium (as magnesium citrate)	300mg	71%

Other Ingredients: Vegetable Cellulose
Capsule, Magnesium Silicate, and Ascorbyl
Palmitate.

manufactured by
VITAL NUTRIENTS
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