

Recommended Dose: Adults: Take 1 tablespoon 1 to 2 times daily or as recommended by your health professional. **Adolescents (9-18 years):** Take 1 tablespoon daily or as recommended by your health professional. If preferred, Magnesium Glycinate Liquid can be mixed with juice or water. Shake well before each use. Do not drink directly from the bottle.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. Some people may experience diarrhea at doses greater than 351 mg per day. **Keep out of the reach of children.** Use only if safety seal is intact. 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.



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Contents may not fill package in order
to accommodate required labeling.
Please rely on stated quantity.

v4 **225-450U**
Made in Canada for
Seroyal USA
Pittsburgh, PA 15275
1-888-737-6925
seroyal.com



GENESTRA
BRANDS®

Magnesium Glycinate Liquid

Dietary Supplement

Great-Tasting Natural
Apple-Pomegranate Flavor

*Supports cardiometabolic, neurocognitive
and musculoskeletal health†*

15.2 fl oz (450 mL)

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings per Container about 30

	Amount Per Serving	% DV
Calories	30	
Total Carbohydrate	5 g	2% ^
Magnesium (as magnesium glycinate)	250 mg	60%

% Daily value (DV)

^ Percent daily values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, xylitol, DL-malic acid, concentrated apple juice, natural flavor, potassium sorbate, rebaudioside A (stevia leaf extract)

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