



Magnesium Carbonate Micronized

Storage: Keep dry, cool & dark

500g (1.1lbs)

Lot Number: 20130212

Date of manufacture Feb 12 2013

Supplement Facts

Serving Size 1540 milligrams

Servings per container: about 324

Amount Per Serving	% Daily Value**
Magnesium (from Magnesium carbonate) 400 mg	100%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

Free of: Sugar, soy, dairy, yeast, gluten, corn and additives.

Directions: As a dietary supplement, take rounded 1/2 tsp daily with water, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/4 teaspoon	698
1/2 teaspoon	1397
1 teaspoon	2795

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Keep out of reach of children.