



Magnesium Citrate (USA)

Storage: Keep dry, cool & dark

1.5kg (3.3lbs)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 2350 milligrams

Servings per container: about 638

Amount Per Serving	% Daily Value**
Magnesium (from Magnesium Citrate) 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 scant 3/4 tsp (2350 mg) daily, or as directed by physician. Take with a full glass of water.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/4 teaspoon	831
1/2 teaspoon	1663
1 teaspoon	3327

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.