



## Magnesium Gluconate

Storage: Keep dry, cool & dark

**250g (8.82oz)**

Lot Number: 20130418-07

**Date of manufacture Apr 18 2013**

## Supplement Facts

Serving Size 500 milligrams

Servings per container: 500

Amount Per Serving	% Daily Value**
Magnesium (as Magnesium Gluconate) 27 mg	7%

\* 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 500 mg (scant 1/4 tsp) twice daily with meals, or as directed by physician.

### US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	327
1/4 teaspoon	654
1/2 teaspoon	1308

**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.