



Magnesium Glycinate

Storage: Keep dry, cool & dark

250g (8.82oz)

Lot Number: 20130410

Date of manufacture Apr 10 2013

Supplement Facts

Serving Size 1600 milligrams

Servings per container: about 156

Amount Per Serving	% Daily Value**
Magnesium (as Magnesium Glycinate) 400 mg	100%

* Daily Value not established.

** Based on 2,000 calorie diet

Other Ingredients: None

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

Directions: As a dietary supplement, take 800 mg (1/4 tsp) to 1600 mg (1/2 tsp) daily with a meal, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/4 teaspoon	779
1/2 teaspoon	1560
1 teaspoon	3120

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.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.