



Magnesium Hydroxide

CAUTION: Be aware that magnesium hydroxide supplementation may result in looser stools in some individuals.
Serving size adjustment may be necessary.

Storage: Keep dry, cool & dark

250g (8.82oz)

Lot Number:

Date of manufacture

Supplement Facts

Serving Size 1000 milligrams

Servings per container: 250

Amount Per Serving	% Daily Value**
Magnesium (as Magnesium Hydroxide) 417 mg	104%

* 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 magnesium supplement, take 1000 mg (1/4 tsp) daily, or as directed by physician.

US Standard Measuring Spoons

Spoon Size (level)	milligrams
1/8 teaspoon	518
1/4 teaspoon	1036
1/2 teaspoon	2073

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.