

**SUGGESTED USE:** Adults, as a dietary supplement, take three (3) capsules daily. Two (2) mid-day and one (1) at night, 2 hours before bed.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

Formula # 202250-90 / 84093832  
10196-v604



# DR. MERCOLA®

# MAGNESIUM L-THREONATE

Dietary Supplement

90 Capsules

## Supplement Facts

Serving Size: 3 Capsules  
Servings Per Container: 30

|                                           | Amount Per Serving | %DV |
|-------------------------------------------|--------------------|-----|
| Magnesium<br>(from Magnesium L-Threonate) | 145 mg             | 35% |
| Magnesium L-Threonate                     | 2,000 mg           | *   |

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Ascorbyl Palmitate, Hydroxypropyl Cellulose.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696



Magnesium L-Threonate  
Magtein® is registered under  
U.S. patents 8,178,118; 8,142,803; 8,163,301  
and other pending U.S. Patents  
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