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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule once or twice daily, or as recommended by a healthcare practitioner.

CAUTION: If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

ZümXR® is a registered trademark and protected by patents. See www.ZümXR.com.



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**LIFE
EXTENSION®**

Extend-Release Magnesium



GLUTEN FREE



6 Hour Extended Release Formula

60

VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
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Magnesium	250 mg	60%
(as ZümXR® magnesium oxide, magnesium citrate)		

Other ingredients: rice concentrate, vegetable cellulose (capsule), microcrystalline cellulose, ethylcellulose, hydroxypropyl methylcellulose, medium chain triglycerides, oleic acid, silica.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

Store tightly closed in a cool, dry place.