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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, with or without food, 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.

Store tightly closed in a cool, dry place.

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.

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LIFE
EXTENSION®

Potassium with Extend-Release Magnesium

IR Potassium with
6 Hour XR Magnesium



60 VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Magnesium (as ZümXR® magnesium oxide, magnesium citrate)	250 mg	60%
Potassium (as potassium chloride)	99 mg	2%

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