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Suggested Usage: As a dietary supplement, adults take 1 capsule daily or as directed by your health professional.

Warning: If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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Gluten-free, Non-GMO

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #202236 V2

Magnesium Citrate

Dietary Supplement



90 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 90

	Amount Per Serving	%DV
Magnesium	150 mg	36%
	(as magnesium citrate)	
%Daily Value (DV)		

Other Ingredients: Hydroxypropyl methylcellulose (capsule) and ascorbyl palmitate

Manufactured for: Douglas Laboratories
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