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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 medication, consult your health professional before using this product.

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 #202434 V2

Magnesium Oxide

Dietary Supplement



100 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 100

	Amount Per Serving	%DV
Magnesium	300 mg	71%
(from 500 mg magnesium oxide)		
% Daily Value (DV)		

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, carnauba wax, ascorbyl palmitate, hydroxypropyl cellulose and silica

Manufactured by: Douglas Laboratories
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