

## Magnesium Citrate

Magnesium in the citrate form.

### Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium can have a laxative effect.

Contraindicated with use of aluminum containing drugs.

Store in a cool, dry place, tightly capped.

\*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.



AllergyResearchGroup®

# Magnesium Citrate

Pure, Well-Absorbed Magnesium\*



dietary supplement

**HYPOALLERGENIC**

180 vegetarian capsules

## Supplement Facts

Serving Size	1 Capsule
Servings Per Container	180

Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Citrate)	
170 mg	40%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Formulated exclusively for Allergy Research Group®  
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