

## 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.



# Magnesium Citrate

Pure, Well-Absorbed Magnesium\*

**Hypoallergenic**

Dietary Supplement



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 NutriCology®  
South Salt Lake, UT 84115 [www.nutricology.com](http://www.nutricology.com)  
Phone: 800.545.9960

Rev. 008

