

Directions: As a dietary supplement, take one (1) tablet one or two times daily, or as directed by a health professional.

Magnesium plays important roles in the structure and the function of the human body. The adult human body contains about 25 grams of magnesium. Over 60% of all the magnesium in the body is found in the skeleton, about 27% is found in muscle, 6% to 7% is found in other cells. In addition, magnesium is involved in more than 300 essential metabolic reactions including energy production, protein and nucleic acid (RNA, DNA) synthesis, and the transport of calcium and potassium across cell membranes.†

Store in a cool, dry place and away from direct light.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



Best if used by:

We Care
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Chelated
Magnesium

SUPER MAGNESIUM



375 MG

Supports bone & muscle health†

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premium formulas ● 100 tablets ● dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

	Amount Per Serving	%DV*
Magnesium (as Oxide, Amino Acid Chelate, Aspartate, Ascorbate, Citrate)	375 mg	94%

*%DV is based upon a 2,000 calorie diet.

Other Ingredients: Microcrystalline cellulose, vegetarian croscarmellose, silicon dioxide and titanium dioxide.

Note: The magnesium potency indicated is elemental.

Contains No: Gluten, sugar, salt, yeast, corn, wheat, lactose, citrus, milk, egg, fish products, artificial flavoring, or preservatives

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