

Directions: As a dietary supplement, take one 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, and 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.



vivaTM
vitamins

SUPER MAGNESIUM



375 MG

Supports bone & muscle health†

We always use the highest quality ingredients

premium formulas ● 250 tablets ● dietary supplement

Supplement Facts

Servings Per Container: 250

Serving Size: 1 Tablet

	Amount Per Serving	%DV*
Magnesium	375 mg	89%
(as Oxide, Amino Acid Chelate, Aspartate, Ascorbate, Citrate)		

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

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

Note: The magnesium potency indicated is elemental.

FREE of: Gluten, sugar, salt, starch, yeast, corn, wheat, lactose, citrus, milk, egg, fish products, artificial flavoring, or preservatives.

We at Viva are proud to use only the best food-based ingredients in our supplements. Our raw materials come from the USA, and we use only organic sources to ensure you're getting the best product possible, from the ground up!

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