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SUGGESTED USE: For adults, take two (2) tablets daily with a meal, or as directed by your physician.

CAUTION: Do not exceed the recommended dose. Not intended for pregnant or nursing mothers. Not intended for children under 18 years of age. If you are taking any medications, have a known medical condition, or are planning a medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.



Please Recycle.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



MAGNESIUM GLYCINATE

CHELATED 400 MG

- Supports Bone, Muscle & Nerve Health*
- High Absorption & Bioavailability*
- Supports Cardiovascular Health*



180 TABLETS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 90

Amount Per Serving	%Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%†
Dietary Fiber	1 g	4%†
Magnesium (as Magnesium Glycinate)	400 mg	100%

†Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Cellulose, Stearic Acid, Silica and Magnesium Stearate.

ASQUARED NUTRITION is proud to offer a maximum strength Magnesium Glycinate supplement containing 400 MG of Magnesium Glycinate per serving. Magnesium Glycinate is a chelated form of Magnesium, which provides enhanced absorption and bioavailability. Magnesium Glycinate supports cardiovascular, bone, muscle, and nerve health.*

Manufactured Exclusively for:

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