

Magnesium helps to regulate calcium transport and absorption.* By stimulating the secretion of calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization.* Along with ATP, magnesium supports cellular energy metabolism.* It also supports nerve and muscle function.* This formulation provides magnesium citrate, a highly absorbable form of this important mineral.

Carefully Manufactured by:
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MAGNESIUM CITRATE

HIGHLY ABSORBABLE

PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving %DV

Magnesium 420 mg 100%
(as magnesium citrate)

DV = Daily Value

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Magnesium Stearate, Dicalcium Phosphate, Silica, Titanium Dioxide Color, Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Sweetener.

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

*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.

