



Magnesium Glycinate

400 mg Magnesium • Superior Absorption

DIETARY SUPPLEMENT

✓ Cardiovascular Health* ✓ Muscle Function* ✓ Bone Support*

240 Tablets | 120 Servings

Carlson® Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 120

	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate chelate and magnesium oxide)	400 mg	95%

Other Ingredients: Microcrystalline cellulose, stearic acid, hydroxypropyl cellulose, croscarmellose sodium, silicon dioxide, magnesium stearate, ethylcellulose, carnauba wax.

Directions: Adults: take two tablets daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur.

This formula is prepared to disintegrate over a period of up to 1 hour.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

Magnesium is an essential mineral involved in hundreds of normal body functions. Some of the most important include promoting cardiovascular system health and supporting muscle function and bone health.* **Magnesium Glycinate** contains magnesium bound to the amino acid glycine to promote optimal absorption.*

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

POTENCY & QUALITY GUARANTEED

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