



Chelated Magnesium

200 mg • Superior Absorption

DIETARY SUPPLEMENT

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

90 Tablets | 90 Servings

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate chelate and magnesium oxide)	200 mg	48%

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

Directions: Adults: take one tablet 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.* **Chelated Magnesium** 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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