

Magnesium helps build strong bones and maintain healthy teeth. It's also involved in heart, skeletal muscle, nerve and cell function, and it's required by the body for energy production.\*

Adding Magnesium Powder to your favorite beverage is a delicious way to boost your daily nutrition and health regimen.

**GNC**

# Magnesium

**POWDER**

Essential for strong bones & teeth\*  
Necessary for muscle & nerve function\*



**LEMON**  
NATURAL FLAVOR



DIETARY SUPPLEMENT  
NET WT. 11.85 OZ. (336 G)  
84 SERVINGS

**CODE 439056**

**LUG**

**DIRECTIONS:** As a dietary supplement, mix one scoop in 6 to 8 fl. oz. of water or your beverage of choice once daily. Do not exceed recommended dose.

## Supplement Facts

Serving Size 1 scoop (4 g)

Servings Per Container 84 servings

Amount Per Serving	% Daily Value	
Calories	5	
Total Fat	0 g	0%
Total Carbohydrate	1 g	<1%
Magnesium	325 mg	77%
(as Magnesium Citrate and Magnesium Carbonate)		

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

**OTHER INGREDIENTS:** Natural Flavor, Citric Acid, Malic Acid, Stevia

**Distributed by:**

**General Nutrition Corporation**  
Pittsburgh, PA 15222 USA

**KEEP OUT OF REACH OF CHILDREN.**

**Store in a cool, dry place.**

**For More Information:**

**1-888-462-2548**

**GNC.com**

\*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.

