

Suggested Usage: Take 3 capsules daily, preferably in divided doses, with food.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 1296C V2



Minerals

Family owned since 1968.

Supplement Facts		
Serving Size 3 Veg Capsules		
Servings Per Container 80		
	Amount Per Serving	% Daily Value
Magnesium (from 2,665 mg Magnesium Citrate)	400 mg	95%

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
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nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This magnesium citrate is a fully reacted mineral supplement.

Store in a cool, dry place after opening.

