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**Suggested Usage:** As a dietary supplement, adults take 1 capsule daily or as directed by your health professional.

**Warning:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #7405 V2

# Magnesium Aspartate

Dietary Supplement



250 Capsules

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 250

	Amount Per Serving	%DV
Magnesium .....	100 mg	24%
	(as magnesium aspartate)	

%Daily Value (DV)

Other ingredients: Gelatin (capsule), microcrystalline cellulose, vegetable stearate and silica

Manufactured by: Douglas Laboratories  
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[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440