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**Suggested Usage:** As a dietary supplement, adults take 1 tablet, 1-4 times 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 # 202559 V2

# Magnesium Glycinate

**Dietary Supplement**



**240 Tablets**

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 240

	Amount Per Serving	%DV
Magnesium .....	100 mg	24%
(as magnesium glycinate)		
%Daily Value (DV)		

Other ingredients: Hydroxypropyl cellulose, ascorbyl palmitate, croscarmellose sodium, silica, carnauba wax, coating (hypromellose, glycerin)

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440