

Suggested Usage: Take 2 tablets 1 to 2 times daily with food.

Magnesium glycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.* 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 processes that require magnesium are fat and protein production, as well as 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.

CODE 1289 V1



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TABLET SIZE



Magnesium Glycinate

Nervous System Support*

- Highly Absorbable Form
- Supports Healthy Muscle, Nerve & Heart Functions*

180 Tablets



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 90

	Amount Per Serving	% Daily Value
Magnesium (from 2,000 mg Magnesium Bisglycinate) (TRAACS®)	200 mg	48%

Other ingredients: Stearic Acid (vegetable source), Vegetarian Coating, Hydroxypropyl Cellulose and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
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.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

Store in a cool, dry place after opening.

