

Suggested Usage: Take 1 capsule daily, preferably with a meal.

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.* Malate is an important Krebs cycle intermediate, indicating that it is an important molecule in the production of cellular energy derived from carbohydrates.*

*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 1303 V1



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Magnesium Malate Caps

Nervous System Support*

95 mg of Elemental Magnesium
180 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Magnesium (from 840 mg Magnesium Malate)	95 mg	23%

Other ingredients: Hypromellose (cellulose capsule), Hydroxypropyl Cellulose, Stearic Acid (vegetable source) 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.

NOW® Magnesium Malate is a fully reacted mineral supplement.

Store in a cool, dry place after opening.

