

**FREE OF:** Sugar, starch, soy, wheat, casein, gluten, milk, preservatives, yeast, gelatin, artificial flavorings or colorings, peanuts, tree nuts or fish.

**CAUTION:**

MAGNESIUM SUPPLEMENTS CAN CAUSE CHANGES IN STOOL CONSISTENCY AND BOWEL HABITS. IF THIS OCCURS, DISCONTINUE USE AND DISCUSS THIS MATTER WITH YOUR PHYSICIAN.

**IMPORTANT:**

STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

MAGNESIUM CITRATE SOLUBLE POWDER IS FORMULATED WITH AN ANHYDROUS FORM OF MAGNESIUM CITRATE MAKING IT SOLUBLE IN WATER AND OTHER WATER BASED LIQUIDS. AFTER POWDER IS MIXED IN THE LIQUID, LET MIXTURE SIT FOR 15 MINUTES AND REMIX TO MAXIMIZE SOLUBILITY. THE BIOAVAILABILITY AND ABSORPTION OF THIS FORM OF MAGNESIUM WILL BE UNSURPASSED. THE CALMING QUALITIES OF MAGNESIUM WILL BE SEEN MUCH QUICKER THAN WITH OTHER FORMS OF MAGNESIUM.

Manufactured exclusively by:

**KIRKMAN**

Lake Oswego, OR 97035

(503)694-1600 • (800)245-8282

[www.kirkmangroup.com](http://www.kirkmangroup.com)

CASEIN & GLUTEN FREE

**KIRKMAN**

**Magnesium Citrate  
Soluble Powder**

227 gm/8 oz !

**HYPOALLERGENIC**

**SUGGESTED USE:** Children: 2.5 grams or 1/2 teaspoon (rounded) daily or as directed by a physician.  
Adults: 1/2 to 1 teaspoon daily or as directed by a physician.

**Supplement Facts**

Serving Size: one rounded 1/2 teaspoon (2.5 gm)  
Servings Per Container: 90

| Each Serving Contains | Amount per Serving | % Daily Value |
|-----------------------|--------------------|---------------|
| Magnesium (Citrate)   | 200 mg             | 50 %          |

**INGREDIENTS:** Magnesium Citrate, Citric Acid, Xylitol.

Best Used by: May 2013

**Dietary Supplement**

239/8 • Lot # 0239-0102

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