

AMAZING  NUTRITION

AMAZING  FORMULAS

DIETARY SUPPLEMENT

# Magnesium Oxide

- ❑ Essential Mineral for Healthy Well-being\*
- ❑ Supports Energy Production\*
- ❑ Supports Heart, Bone & Digestive Health\*

500 MG

90 QUICK RELEASE CAPSULES



## Supplement Facts

Serving Size: 1 Capsule	Serving Per Container: 90
Amount Per Serving	
	% Daily Value
Magnesium (from 865 mg of Magnesium Oxide)	500 mg ***

\*\*\*% Daily Value not established

OTHER INGREDIENTS: Gelatin (Capsule), Rice Protein, Vegetable Magnesium Stearate.

**SUGGESTED USE:** As a dietary supplement, add to one (1) quick release capsule daily, preferably with a meal or as directed by a health care professional.

**CAUTION:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

At Amazing Nutrition™ is the key for Healthy Living. We are committed about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Magnesium Oxide is derived from ancient oceanic deposits. It is an essential mineral in our body, about half of which is in our bones.\* Magnesium Oxide is a cofactor in many essential functions within the body supporting energy production, heart health, bones health and healthy nerves function.\*\* Magnesium Oxide also supports digestive health. It may work as an antacid to help relieve heartburn and as a laxative to help relieve constipation.\*\*\*

KEEP OUT OF REACH OF CHILDREN  
STORE IN COOL, DRY PLACE  
DISPOSE IF SAFETY SEAL IS DAMAGED OR MISSING

Manufactured for & Distributed by:  
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat or diagnose any disease.