

Manufactured by MegaFood
An FDA Registered Facility. GMP Compliant. PO Box 325, Derry, NH 03038
For more information visit www.megafood.com OR CALL 800-848-2542



F1227B-10
Rev 18: 07/10

Lot#:
Best
Before:

MegaFood™

100% WHOLE FOOD



Fast-Acting & Bioavailable Form

MAGNESIUM

VEGETARIAN
DIETARY SUPPLEMENT

60
TABLETS

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving		% DV ▼
100% Whole Food Nutrient†		
Magnesium.....	(1000 mg <i>S. cerevisiae</i> †)	50 mg 13
Organic Spinach (natural source of trace minerals)	50 mg	**
** % Daily Value (DV) not established		

Other Ingredients: Plant Cellulose, Organic Rice Bran, Vegetable Lubricant.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Magnesium is an important mineral to our health, activating over 350 different processes in the body; among these functions are energy production, digestion, bone formation, muscle function, activation of B vitamins, creation of new cells, relaxation of muscles and the functioning of your heart, brain, kidneys, as well as the nervous system. MegaFood provides **100% Whole Food Magnesium** from mineral-rich yeast for optimal bioavailability and maximum nutritional benefit.* Organic spinach a natural source of synergistic minerals and chlorophyll further enriches this 100% whole food mineral formula.

MegaFood has made the highest quality whole food supplements since 1973.

MegaFood Magnesium is made only from wholesome, all natural ingredients with no preservatives.

Whole food nutrients are readily recognized and better utilized by the body, therefore you can take lower potencies with better results. *Less is more with food.*



MegaFood.

Our Name is Our Promise™

Easy-to-digest and full of vital nourishment, you will LOVE the MegaFood Difference - Satisfaction Guaranteed.

**Tested to be FREE of:
Gluten, Dairy, Soy, Pesticides and Herbicides.
Does Not Contain Corn or Wheat.**

† 100% Whole Food Magnesium is delivered in our proprietary FoodState® concentrate of *Saccharomyces cerevisiae*. *S. cerevisiae*, a non-candida yeast, is one of nature's most nutrient-rich foods, with an array of health-promoting benefits. Magnesium in food is naturally buffered and has better bioavailability than isolated or chelated mineral forms.*

* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.