



Bottle made from 100% post consumer recycled material.



We are committed to you and our planet. Scan to learn more.



Recommended Use: Take 2 capsules twice daily with a meal.

*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.

Magnesium is an essential mineral that is important to the function of every cell in the body. Organs such as the heart, brain, and kidneys require adequate levels of this mineral for proper function. Magnesium Complex combines a superior blend of two highly bioavailable forms of magnesium-citrate and malate. Magnesium citrate is an alkalizing form while magnesium malate has been found to promote musculoskeletal health.*



Do not use if inner seal is missing or damaged.

Magnesium Complex



CONTRIBUTES TO ENERGY PRODUCTION*

*Promotes Musculoskeletal Health**

Dietary Supplement
100 CAPSULES



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 50

Amount Per 2 Capsules		
Magnesium (as citrate, and malate)	184 mg	44%
†Daily Value not established.		

Other Ingredients: Capsule (gelatin, water), cellulose, vegetable magnesium stearate, silicon dioxide.



Stock#
1859
010320

HERBAL EXPERTS *since* 1972

Nature's Sunshine Products, Inc. • Spanish Fork, UT 84660
(800) 223-8225 • naturesunshine.com