

Color of this product may vary due to color variations of the natural ingredients.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Keep out of reach of children. Store in a cool, dry place.

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



Distributed by: NHC
310 N. Weatherill Blvd.
Appleton, WI 54914



0277216.090



Magnesium Citrate

Support for Proper Nerve and Muscle Function*

dietary supplement

vegetarian • gluten free

90 Capsules

Suggested Use: As a dietary supplement, take 1 capsule, twice daily with meals, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 90

Amount Per Serving	% Daily Value
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Magnesium (as Magnesium Citrate) 140 mg	33%
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Other Ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine.