



MAGNESIUM LACTATE

DIETARY SUPPLEMENT

5425

Suggested Use: Three capsules
per day, or as directed.

90 CAPSULES



Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 30

Amount per Serving		%Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%*
Magnesium	210 mg	50%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Gelatin, magnesium lactate, calcium stearate, and water.

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WHOLE FOOD SUPPLEMENTS SINCE 1929