

Magnesium is a mineral that is essential for more than 300 biochemical reactions in the body, including blood glucose control, protein synthesis, energy production and carbohydrate metabolism. In addition, it plays a critical role in calcium metabolism. Low serum levels of magnesium have been found to result in low serum levels of calcium, which affects proper bone growth. Magnesium is also involved in the active transport of calcium and potassium across cell membranes, which is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.*

Futurebiotics® Magnesium provides 400 mg of this essential mineral in each easy-to-swallow vegetarian capsule.



Manufactured by **futurebiotics**® Hauppauge, NY 11788
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 100% Satisfaction Guaranteed

PressureBalance®



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 health. nature. life.

100% Vegetarian

MAGNESIUM 400 MG

High Potency

100 Vegetarian Capsules Dietary Supplement

Supplement Facts		
Serving size 1 Capsule		
Servings per container 100		
Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide)	400 mg	95%

Other ingredients: Microcrystalline cellulose, modified cellulose (vegetarian capsule), magnesium stearate, silica.

Directions: As a dietary supplement for adults, take 1 capsule daily, or as recommended by a healthcare professional.

Do not use if you are pregnant or nursing.
 Keep out of reach of children.
 Protect from light.

* 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.