

SUGGESTED USE:

1 capsule taken 1 to 2 times daily preferably with meals or as directed by a healthcare professional.

CAUTION:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 years of age, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.



Please Recycle.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.



ELEMENTAL MAGNESIUM

MAX STRENGTH* 500 MG

- 500 MG of Elemental Magnesium per Capsule *
- Supports Energy Production & Metabolism *
- Helps Strengthen Bones & Teeth *

**180
CAPSULES**
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule
Servings Per Container: 180

Amount Per Serving	%Daily Value	
Magnesium (oxide / citrate)	500 mg	125%

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate and silicon dioxide

ASQUARED NUTRITION is proud to offer an Elemental Magnesium Complex that contains 500 MG of Elemental Magnesium per veggie capsule. Our formula contains both Magnesium Citrate and Oxide, supporting energy production & metabolism. Our formula also helps strengthen bones and teeth. *

Manufactured Exclusively for:

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