



To learn about our seals, please visit megafood.com/standards.

*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.

MegaFood®

Fresh From Farm To Tablet™

Magnesium

An Essential Mineral for Muscle Relaxation*



60
TABLETS
60
SERVINGS

**MINERAL
DIETARY SUPPLEMENT**

Suggested Use: 1 tablet daily with a beverage. May be taken anytime throughout the day, even on an empty stomach.

Supplement Facts

Serving Size 1 Tablet Servings per Container 60

Amount per Serving	% DV
Magnesium (as fermented magnesium bisglycinate) 50 mg	12%
Organic Spinach 50 mg	**
** % Daily Value (DV) not established	

Other Ingredients: Ferment media (organic brown rice, rice protein, autolyzed yeast extract, yeast [inactive]), microcrystalline cellulose, stearic acid, hypromellose, silicon dioxide.

Made by MegaFood, PO Box 5244, Manchester, NH 03108 USA
megafood.com / 800.848.2542

MegaFood Magnesium helps support a healthy heart, the nervous system, and muscle relaxation.*

This MegaFood product is made with real food, wholesome nutritional yeast, and added nutrients. Satisfaction guaranteed or your money back.

We believe that the most nutritious food comes from healthy soils and valued farmers. Our goal is to work with farmers who share our commitment to organic and regenerative agriculture. megafood.com/farmers

*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.

Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



F1392B
Rev: 4 07/20
Lot#: _____
Best Before: _____

281 06,47
10187128
SEP 2023

