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MegaFood®
Fresh From Farm To Tablet™

Magnesium

An Essential Mineral for
Muscle Function*



90
TABLETS
90
SERVINGS

MINERAL
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

	Amount per Serving	% DV
Magnesium (mineral bound <i>S. cerevisiae</i>)	50 mg	12
Organic Spinach	50 mg	**

** % Daily Value (DV) not established

Other Ingredients: Cellulose, Stearic Acid.

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

MegaFood Magnesium helps support an already healthy heart, nervous system, and muscle relaxation.*

This MegaFood product is made with real food and added nutrients. This mineral is paired with wholesome nutritional yeast using a unique process to deliver guaranteed potency and the benefit of health-promoting compounds present in the whole food itself.* See how they're made at megafood.com/showme. 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.

Made with Love by MegaFood, PO Box 5244,
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