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Suggested Usage: As a dietary supplement, adults take 1 capsule, 1-4 times daily or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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Gluten-free, Non-GMO

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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202733 V1

Magnesium Glycinate

Dietary Supplement



240 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 240

	Amount Per Serving	%DV
Magnesium	120 mg	29%
[as magnesium glycinate]		
%Daily Value (DV)		

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Manufactured by: Douglas Laboratories
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www.douglaslabs.com 1.800.245.4440