

swanson.com
or call 1-800-437-4148

- Supports nerve, muscle and bone health
- Helps reduce tiredness and fatigue
- Features three distinct sources of magnesium

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. 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.



Triple Magnesium Complex

Muscle and Bone Health

400 mg per capsule

MINERAL SUPPLEMENT | 300 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	400 mg	95%
(from magnesium oxide, magnesium citrate, magnesium aspartate)		

Other ingredients: Gelatin, magnesium stearate, rice flour.

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