



Magnesium Citrate

Premium Formula

200 mg

3rd Party Lab Tested

250 TABLETS

DIETARY SUPPLEMENT



Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism. Magnesium status is also important to regulate the balance of calcium, sodium and potassium in our cells, particularly in our heart and blood vessels.* Certain research publications indicate that Magnesium Citrate may help support the following:

- ▶ Supports Nerve And Muscle Function*
- ▶ Supports Healthy Bone*
- ▶ Supports Cardiovascular Health*

SUGGESTED USE: As a dietary supplement, take two (2) tablets daily, preferably with meals.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

**These statements have not been evaluated by the FDA. This product is not intended to cure, prevent, treat or diagnose any disease.*

MADE IN USA



Supplement Facts

Serving size: 2 tablets

Servings per container: 125

	Amount per serving	%Daily Value
Magnesium (as magnesium citrate)	400 mg	95%

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, pharmaceutical glaze.

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Magnesium Citrate is more easily digested and better absorbed than other forms of magnesium.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

Manufactured for Best Naturals,
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www.shopbestnaturals.com

For additional information call 1-877-659-6004

Lot#

Exp#

