

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 Glycinate may help support the following:

- Supports nerve and muscle function.†
- Supports healthy bone.†

SUGGESTED USE: As a dietary supplement, mix 1/2 level teaspoon (1.9g) of powder into at least 6 oz of juice or water. Take once daily with a meal. This product must be diluted into a liquid before ingestion. Consider taking these other Best Naturals products: Calcium, Vitamin D and Zinc.

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 Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

 **PACKAGED IN USA**



Magnesium Glycinate

Premium Formula



Pure Powder

3rd Party Lab Tested

Net Wt. 1 lb. (454g) DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1/4 Teaspoon (750 mg)
 Servings Per Container: 605

	Amount Per Serving	%Daily Value
Magnesium (from Magnesium Glycinate)	90 mg	21%

Other Ingredients: None.

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.

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

Manufactured for Best Naturals,
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For additional information call 1-877-659-6004
 Lot# Exp#

