

**Recommended Use:** As a dietary supplement, take 1 capsule daily with 8-12 oz of water or as directed by your physician.

**Warning:** For healthy individuals 18 years and older. Consult a physician prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

**Notice:** Store in a cool, dry place.

**nutricost**

# Magnesium Oxide

**375MG**  
Magnesium Oxide  
per serving

**240**  
capsules

**240**  
servings

† 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.

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240 Capsules | Dietary Supplement

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 240

Amount Per Serving		% DV
Magnesium (as Magnesium Oxide)	210mg	50%*

\* Percent Daily Value (DV) is based on a 2,000 calorie diet.

Other ingredients: Capsule (gelatin), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

