



SUGGESTED USE: Adults, take 2 softgels daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.



No Synthetic Dyes - Colors Derived from Natural Sources



No Artificial Flavors



Gluten Free

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 90

Amount Per Serving	% Daily Value
Calories 15	
Total Fat 1 g	1%*
Saturated Fat 1 g	5%*
Total Carbohydrate 2 g	1%*
Protein less than 1 g	
Magnesium (as Magnesium Citrate) 250 mg	60%

*Percent Daily Values are based on a 2,000 calorie diet.

CAUTION: If you have kidney disease or are taking any medication, consult your physician before use.

OTHER INGREDIENTS: Medium Chain Triglycerides, Gelatin (Porcine), Glycerin, Rapeseed Lecithin, Water, Colors Added (Including Carmine), Yellow Beeswax.

DISTRIBUTED BY:

Nature Made Nutritional Products

West Hills, CA 91309-9903, USA

1-800-276-2878

www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

†Citrate form is more highly absorbable form than Magnesium Oxide.

Lot:
Exp.: