

**Suggested Use:** Take 2 tablets daily with food, or as recommended by a Healthcare Practitioner.

**Formulated Without:** GMOs, Gluten or Soy.

**Warnings:** Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

**Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place.**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formulated with TRACCS® Magnesium Bisglycinate. TRACCS® is a registered trademark of Albion Laboratories, Inc.



**LAKE AVENUE™**  
**NUTRITION**

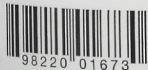
# Magnesium Bisglycinate Chelate

with TRACCS®  
200 mg Per Serving

**Supports Nervous System &  
Muscle Relaxation\***

Dietary  
Supplement

**240 Tablets**



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## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 120

|                                                        | Amount<br>Per Serving | %Daily<br>Value |
|--------------------------------------------------------|-----------------------|-----------------|
| Magnesium<br>(from 2,000 mg Magnesium<br>Bisglycinate) | 200 mg                | 48%             |

**Other Ingredients:** Stearic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Methycellulose, Hydroxypropyl Cellulose, Gum Acacia, Confectioner's Glaze, and Cellulose Coating.

*Not manufactured with milk, egg, fish, shellfish, peanuts, tree nuts, wheat, soy or gluten. Produced in a third-party cGMP facility that may process other products that contain these allergens or ingredients.*

Lake Avenue Nutrition™ is a trademark of Madre Labs, LLC

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