DIRECTIONS: As an addition to the daily diet. lake one table three times a day with meals as directed by your health care professional. If you are pregnant or a nursing mother consult your health care professional before using this or any dietary supplement.

CHILDREN: Consult your health care professional before giving this or any dietary supplement to children.

## KEEP OUT OF THE REACH OF CHILDREN

Keep bottle tightly closed and store in a cool, dry place.



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## Supplement Facts Serving Size 1 Tablet Serving Per Container 200

Amount per % Daily Serving Magnesium (as magnesium 250 mg

(18.7 mg elemental magnesium) Potassium (as potassium aspartate) 250 mg (52 mg elemental potassium)

aspartate)

Other Ingredients: Microcrystalline Cellulose, Povidone Sodium Starch Glycolate, Cellulose Gum, and Magnesium Stearate.

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