

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.

TRACCS® is a registered trademark of Albion Laboratories, Inc.



 **LAKE AVENUE™**
NUTRITION

Magnesium Bisglycinate Chelate

200 mg Per Serving

**Supports Nervous
System & Muscle
Relaxation***

60 Tablets

Dietary
Supplement

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%Daily Value
Magnesium (from 2,000 mg Magnesium Bisglycinate) (TRACCS®)	200 mg	48%

Other Ingredients: Stearic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Methylcellulose, 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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