

Suggested Usage: Take 2 tablets daily, with food. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., blood thinners) as well as those with a physician-diagnosed medical condition should consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F). Improper storage conditions, such as extended exposure to direct sunlight, high heat & humidity can cause product degradation over time.

*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.

California Gold Nutrition® is a registered trademark of Madre Labs, LLC

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CALIFORNIA **GOLD** NUTRITION®

Magnesium Chelate

Supports Bone, Heart, Nerve
& Muscle Health*

Chelated • Bioavailable
Suitable for Vegans

90 Tablets
Dietary Supplement

Formulated to Contain

NO Gluten
NO GMOs
NO Soy



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

	Amount Per Serving	%Daily Value
Calcium (from Dicalcium Phosphate Dihydrate)	67 mg	5%
Phosphorus (from Dicalcium Phosphate Dihydrate)	52 mg	4%
Magnesium (from Magnesium Amino Acid Chelate)	210 mg	50%

Other Ingredients: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Rice Hulls, Rice Extract, Gum Arabic, Sunflower Oil, Polyethylene Glycol, and Carnauba Wax.

This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.