

**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 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. Do not refrigerate or freeze.

\*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.

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CALIFORNIA **GOLD** NUTRITION®

# Magnesium Chelate

Supports Bone, Heart, Nerve  
& Muscle Health\*

Chelated • Bioavailable

Suitable for Vegans

Formulated to Contain

NO Gluten  
NO GMOs  
NO Soy

270 Tablets  
Dietary Supplement



## Supplement Facts

Serving Size 2 Tablets

Servings Per Container 135

|                                                | Amount<br>Per Serving | %Daily<br>Value |
|------------------------------------------------|-----------------------|-----------------|
| Magnesium<br>(as Magnesium Amino Acid Chelate) | 210 mg                | 50%             |

**Other Ingredients:** Dicalcium Phosphate Dihydrate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Rice Hulls, Rice Extract Blend, Polyethylene Glycol, and Carnauba Wax.

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



All California Gold Nutrition® products come with a 100% GOLD Guarantee. If you are not completely satisfied with your purchase, return the unused portion within 90 days for a full refund.