

Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.*

* These statements have 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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|----------------------------------------------|----------------------------------------------------|
| YES CERTIFIED GLUTEN-FREE BY GFCO.ORG | NO YEAST, CORN OR WHEAT |
| YES CERTIFIED VEGAN BY THE AVA | NO SOY OR MILK |
| YES RECYCLABLE PACKAGING | NO SALT OR SUGAR |
| YES MANUFACTURING SUPPORTS WIND POWER | NO PRESERVATIVES |
| YES KOSHER | NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS |
| | NO MAGNESIUM STEARATE |

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



This product does not contain common GE genes or proteins. Visit igenprogram.com



ESTABLISHED
— 1971 —

Country[®]
Life

VALUE SIZE

CHELATED MAGNESIUM

250 mg

Certified Gluten-Free

- ▶ Helps relax muscles*
- ▶ Supports bone health*

Directions: Adults take one (1) tablet daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium amino acid chelate [rice protein based])†	250 mg	60%

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°- 86° F. Keep out of the reach of children.

05A21



Dietary Supplement | **240** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2684PL