

**Suggested Usage:** Take 1 capsule daily.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.\* It is a required cofactor for an estimated 300 enzymes.\* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.\* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.\*

\*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

1 YEAR  
happiness<sup>SM</sup>  
GUARANTEE

Distributed by Lucky Health Group Inc.  
Conshohocken, PA 19428, USA  
1-888-635-0474

[www.LuckyVitamin.com](http://www.LuckyVitamin.com)



CAPSULE SIZE



  
**LUCKY  
VITAMIN**

# Magnesium

400 mg

- Supports Energy Production\*
- Critical for Enzyme Function\*

180 Veg Capsules  
Dietary Supplement

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Oxide, Magnesium Citrate and Magnesium Aspartate)	400 mg	95%

Other ingredients: Rice Flour, Cellulose (capsule), Silica and Stearic Acid (vegetable source).

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.  
Please Recycle.

Non-  
GMO