

Suggested Usage: Take 2 tablets 1 to 2 times daily with food.

Magnesium glycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.* 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 processes that require magnesium are fat and protein production, as well as 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.

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

www.LuckyVitamin.com

TABLET SIZE



**LUCKY
VITAMIN**

Magnesium Glycinate

- Supports Healthy Muscle, Nerve & Heart Functions*
- Highly Absorbable Form

180 Tablets

Dietary Supplement

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 90

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

Other ingredients: Stearic Acid (vegetable source), Vegetarian Coating, Hydroxypropyl Cellulose and Silicon Dioxide.

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.

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

Store in a cool, dry place after opening.

**Non-
GMO**

LU1289 V1



**1 YEAR
happiness
GUARANTEE**