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www.puritan.com



# Magnesium Citrate

100mg

100 rapid release capsules

dietary supplement

**DIRECTIONS:** For adults, take one (1) capsule four times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Magnesium (as Magnesium Citrate)	100 mg	24%

**Other Ingredients:** Gelatin, Vegetable Cellulose, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children.

Store at room temperature. Do not use if outer seal is broken or missing.



**TO REORDER ITEM # 15215**  
www.puritan.com  
1-800-645-1030

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