

SUGGESTED USE: As a dietary supplement, take 5 capsules per day.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

†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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by
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Rev. US 00



Dr. Berg

THE KNOWLEDGE DOC™

DIETARY SUPPLEMENT

MAGNESIUM PLUS

FOR ENHANCED ABSORPTION

Supports sleep, calmness and relaxation†
Additional nutrients for better magnesium absorption†

150

VEGETABLE CAPSULES

Supplement Facts

Serving size: 5 vegetable capsules

Servings per container: 30

	Amount per Serving	% DV*
Magnesium (from magnesium bisglycinate)	400 mg	95%
Vitamin B6 (from pyridoxal 5-phosphate)	30 mg	1765%
Vitamin D (from D3 cholecalciferol)	25 mcg (1000 IU)	125%

*Percent Daily Value is based on a 2000 calorie diet.

**Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

