

Magnesium plays an essential role in maintaining proper bone mineralization.* Magnesium is also involved in muscle contractions and nerve impulses.*

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 seal under cap is broken or missing.

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit
www.NaturesBounty.com

*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.



Prod. No. 5830 B51484 12G

NATURE'S  BOUNTY®

Magnesium 250mg

**Promotes Bone
& Muscle Health***



DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Magnesium 250 mg (as Magnesium Oxide)	63%

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Titanium Dioxide Color, Vegetable Magnesium Stearate.

No Artificial 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.

Suitable for Vegetarians

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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100 coated caplets

MINERAL SUPPLEMENT

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