

SUGGESTED USAGE: Take 3 softgels daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Magnesium is a mineral that is essential for a wide range of fundamental cellular functions as it is a cofactor in at least 300 different enzymatic reactions.* Magnesium is well known for its roles in healthy cardiovascular function and bone formation and mineralization.* It is also critical for the regulation of muscle contraction and nerve conductivity through its influence on cell membrane permeability, as well as on the maintenance of the proper charge balance of the bodily fluids.* In addition, magnesium is essential for the production of cellular energy from the metabolism of carbohydrate and fat.* These softgels combine magnesium citrate with magnesium glycinate for superior bioavailability.

CAUTIONS/INTERACTIONS: Large doses of oral magnesium may have a laxative effect. Magnesium may interact with some antibiotics, diuretics, bisphosphonates, and muscle relaxants. In addition, many medications can affect magnesium absorption and excretion. If you are taking prescription medications, consult your healthcare practitioner before using this product.

*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.

CODE
P1298
V3



PROTOCOL
FOR LIFE BALANCE®

Magnesium Citrate

Plus Glycinate & Malate Forms

- Nervous System Support*
- Superior Bioavailability



180 Softgels
A Dietary Supplement

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%**
Magnesium (from Magnesium Citrate, Magnesium Glycinate and Magnesium Malate)	400 mg	95%

** Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Rice Bran Oil, Softgel Capsule [bovine gelatin (BSE-free), glycerin, water], Beeswax and Sunflower Lecithin.

Formulated & Distributed by Protocol For Life Balance
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protocolforlife.com

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

Natural color variation and oil separation may occur in this product.