

**SUGGESTED USE:** Take 1 capsule with or without food, or use as directed by your healthcare professional.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, or artificial colors.

**Optimal Magnesium Meets or Exceeds cGMP Quality Standards.**



T A R G E T E D S U P P O R T ®



SeekingHealth®

# Optimal Magnesium

150 mg

Dietary Supplement

100 VEGETARIAN CAPSULES

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 100

	Amount Per Serving	%Daily Value
Magnesium (as DiMagnesium Malate and Magnesium Lysinate Glycinate Chelate <sup>§</sup> )	150 mg	36%

**Other Ingredients:** Vegetarian capsule (hypromellose and water), ascorbyl palmitate, L-leucine, and silica.

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MAGN-100-CAPS  
REV. 061620

**Manufactured for and Distributed by:**  
Seeking Health, LLC  
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Bellingham, WA 98225  
(800) 547-9812

This package is completely recyclable



<sup>§</sup>Albion™, TRAACS™, and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

