

Trace Minerals



RESEARCH



Magnesium

Tablets

300 mg

Supercharged with Ionic Trace Minerals

Helps maintain healthy levels of magnesium in the body to support healthy cardiovascular, cellular, muscular, immune, bone, and nerve function.[†]

Gluten Free • Certified Vegan

60 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2g	<1%*
Magnesium (from Mag. Taurinate, Mag. Citrate, Mag. Chloride from ITM, Mag. Glycinate)	300mg	75%
Chloride (from ITM)	300mg	9%
Ionic Trace Minerals (ITM)	1g	†
A complex of over 72 naturally-occurring ionic trace minerals.		

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

† Daily Value not established.

Other Ingredients: Stearic acid, croscarmellose sodium, vegetable cellulose, magnesium stearate, silica, microcrystalline cellulose.

Allergen Info: contains no known allergens. **GLUTEN FREE.**

†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.



Magnesium is the fourth most abundant mineral in the human body. It is responsible for over 300 biochemical responses in the body and fuels digestive enzymes, helping the body effectively utilize carbohydrates, proteins, and fats.[†] Magnesium plays a key role in energy metabolism, nerve conduction, muscle contraction, immune function, bone and tooth formation, and is particularly important to heart and circulatory health.[†] Research has shown many American diets to be deficient in magnesium.[†]

Magnesium Tablets is a carefully formulated blend of complementary sources of magnesium that provide 300 mg of magnesium per serving to help you maintain healthy levels of magnesium in the body for optimum health and wellness.[†] We also added a trace mineral complex that provides a full spectrum of naturally-occurring ionic trace minerals for body mineral balance.

Suggested Use: Take 2 tablets daily at mealtime for best results.



Trace Minerals Research®
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LOT#/BEST BY DATE PRINTED ON
BOTTOM OF BOTTLE.



Magnesium 300mg 60 tab
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