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SUGGESTED USE: For adults, take two (2) capsules daily, preferably with a meal. Magnesium and other minerals can affect the absorption of many medications. Do not take this product within 2 hours of taking medications, or follow the advice of your healthcare providers.

CAUTION: Do not exceed the recommended dose. Not intended for pregnant or nursing mothers. Not intended for children under 18 years of age. If you are taking any medications, have a known medical condition, or are planning a medical procedure, consult your doctor before use. Consult doctor before use if you have, or have had, kidney disease, if you are on a magnesium-restricted diet or if you are taking ANY MEDICATIONS OR REMEDIES such as those to treat high blood pressure, heart medications, muscle relaxants or diuretics. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort or low blood pressure.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

* 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 CITRATE

ULTRA STRENGTH*
833 MG

- Supports Muscle & Nerve Health*
- Supports Energy Production*
- Supports Healthy Bones*



200
CAPSULES
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 100

Amount Per Serving	% DV
Magnesium 250 mg (from 833mg Magnesium Citrate)	60%

** Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Methylcellulose Capsule, Rice Flour.

Manufactured Exclusively for:
aSquared Brands LLC
382 NE 191st Street, #98406
Miami, Florida 33179
Office: 1-800-557-4120
contact@asquarednutrition.com



ASQUARED NUTRITION is proud to offer an ultra-strength Magnesium Citrate supplement that contains 833mg of Magnesium Citrate per serving for a full 100 day supply. Magnesium Citrate supports muscle & nerve health, promotes energy production, and supports healthy bones.*