

**SOURCE NATURALS®**



DIETARY SUPPLEMENT

# MAGNESIUM CITRATE

SUPPORTS BONE AND HEART HEALTH\*

133 MG • 180 CAPSULES

## Supplement Facts

### Serving Size 1 Capsule

	Amount Per Serving	%DV
Magnesium	133 mg	35%
(as magnesium citrate)		

Other ingredients: gelatin (capsule), dibasic calcium phosphate, colloidal silicon dioxide, and magnesium stearate.

**Suggested Use:** 1 capsule 1 to 3 times daily with meals.

**WARNING:** If you are pregnant, may become pregnant, breastfeeding, have a history of kidney dysfunction or if you are taking any prescription drug, consult your health care professional before using this product. If you experience loose stools, reduce your dosage. If symptoms persist, discontinue use and consult your health care professional immediately.

STORE IN A COOL, DRY PLACE.

Stress may interfere with the body's ability to absorb magnesium, so make sure your body has the optimal quantities. Magnesium Citrate is a highly absorbable form of magnesium, a profoundly important mineral that supports the body's bones, energy production, and glucose balance. Optimal intake of magnesium is essential to support relaxation and calming. Further, magnesium supports proper muscle function and is essential for cardiovascular health; in fact it is involved in over 300 cellular processes.\*

Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

**\*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.**

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