ALATE

SUPPORTS MUSCLES AND **ENERGY PRODUCTION** 90 TABLETS 3,750 MG PER SERVING



## Supplement Facts

Serving Size 3 Tablets Servings Per Container 30

Amount Per	Serving	%D1
Catories	10	
Total Carbohydrate	3 g	1%
Magnesium	425 mg	1019
(as magnesium malate trihydrate)		
Sodium .	5 mg	<19
Magnesium Malate Trihydrate	3.75 g	
Malic Acid	2.5 g	
(as magnesium malate trihydrate and i	malic acid)	

'Percent Daily Values (%DV) are based on a 2,000 calorie diet †Daily Value not established.

Other ingredients: stearic acid, microcrystalline cellulose, acadia gum, magnesium stearate, silica, and modified cellulose gum.

Suggested Use: 1 to 3 tablets daily with meals.

NOTE: If you are pregnant, may become pregnant, or breastfeeding. consult your health care professional before using this product.

Source Naturals MAGNESIUM MALATE is a compound of magnesium and malic acid. It supports proper muscle function, cardiovascular health, and energy production. Malic acid is a natural fruit acid that is present in most cells in the body and is an intermediate in the Krebs cycle, where energy is captured during the metabolism of carbs and fats. Magnesium is an essential cofactor for over 300 enzymatic reactions in metabolism, ATP synthesis and energy production. Magnesium plays important roles in muscle relaxation, because of its function as a cofactor for enzymes and because of its ability to counterbalance calcium in the cell \*

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

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.

