

**Suggested Use:** As a dietary supplement, take three (3) capsules once daily before meal or as directed by your healthcare professional. For sleep support, take 3 capsules 30-45 minutes before bedtime.

**Caution:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

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

NEW LOOK






SAME CRAFT

# Magnesium Glycinate

- ✓ Sleep Support\*
- ✓ Bone & Joint Health\*

**NERVOUS SYSTEM SUPPORT\***

\*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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90 Capsules

Dietary Supplement

## Supplement Facts

Serving Size: 3 Veggie Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Glycinate)	400mg	95%

Other Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Magnesium Stearate.

Manufactured For: Nature's Craft  
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Lot # and Best by date printed on the bottom of the bottle.  
VSR1



Actual Capsule Size