

IMPORTANT:

STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED.
KEEP OUT OF THE REACH OF CHILDREN.

CAUTION: MAGNESIUM SUPPLEMENTS CAN CAUSE
CHANGES IN STOOL CONSISTENCY AND BOWEL
HABITS. IF THIS OCCURS, DISCONTINUE USE AND
DISCUSS THIS MATTER WITH YOUR PHYSICIAN.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts,
Wheat or Soy



Manufactured Exclusively by:
KIRKMAN

Lake Oswego, OR 97035
503.694.1600
1.800.245.8282
KIRKMANGROUP.COM

HYPOALLERGENIC | GLUTEN-FREE**KIRKMAN**

MAGNESIUM GLYCINATE

BUFFERED CHELATE

**DIETARY
SUPPLEMENT**

**180
CAPSULES**

SUGGESTED USE:

Take two capsules daily or as directed by a physician.
Capsules may be pulled apart and the contents mixed with food
or beverage.

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

Each Serving Contains	Amount per Serving	% Daily Value
Magnesium (from Magnesium Bisglycinate Chelate)	100 mg	24 %

**Daily Value not established

Other Ingredients: Vegetarian Capsule (hypromellose and water),
Citric Acid, Adipic Acid, L-Leucine



0258-180 • 081120

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