

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
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KIRKMANGROUP.COM

HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

**BUFFERED
MAGNESIUM
OXIDE**

180 MG

**DIETARY
SUPPLEMENT**

**250
CAPSULES**

SUGGESTED USE:

Take one to two capsules daily or as directed by a physician.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 250

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	22%
Magnesium (from Magnesium Oxide)	180 mg	43%

****Daily Value not established**

Other Ingredients: Vegetarian Capsules (hypromellose and
water), Silicon Dioxide



0257-250 • 091620