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A simple form of magnesium that is readily absorbed. Magnesium is an essential nutrient that is inadequate in many American diets. Research has shown that magnesium is important in production of energy, and in the function and integrity of muscles, nerves, kidneys, bones, heart and arteries.

Consult a Health Care professional before taking this product if you are a pregnant or lactating woman, currently under medical care or are taking prescription drugs.

Do not accept if seal is broken KEEP OUT OF REACH OF CHILDREN. Store in a cool dry place. Do not freeze.

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.

ALTA
HEALTH PRODUCTS

**MAGNESIUM
CHLORIDE**

Dietary Supplement

100 Tablets

Directions: As a dietary supplement, take 1 to 3 tablets daily.

Supplement Facts

Serving Size: 1 to 3 tablets

Servings Per	1 Tablet	3 Tablets	
Container:	100 servings	33 servings	
Amount Per Serving	1 tablet	3 tablets	%Daily Value
Magnesium Chloride	520 mg	1560 mg	15.54
Elemental Magnesium	62.17 mg	186.51 mg	46.62

† Daily Value not established

Other ingredients: Silicon Dioxide, Dicalcium Phosphate, Stearic Acid, Microcrystalline Cellulose, Magnesium Stearate, Starch.

Free From: Sugar, salt, yeast, wheat, soy, colorings, flavorings or preservatives. No GMO Gluten Free.

Formulated exclusively for:

ALTA
HEALTH PRODUCTS

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