

Suggested Use: Take 1 tablet daily with or without food, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs, Gluten or Soy.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare practitioner before adding something new to your health and wellness regimen.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place.

*This statement has 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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EXP. 12/2023



Magnesium Complex

300 mg

Supports Muscle, Heart,
Nerve & Bone Health*



LAKE AVENUE[®]
NUTRITION

Dietary Supplement 250 Tablets

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 250

	Amount Per Serving	%Daily Value
Magnesium (as Magnesium Oxide, Magnesium Citrate and Magnesium Carbonate)	300 mg	71%

Other Ingredients: Stearic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Dicalcium Phosphate, Sodium Starch Glycolate, Magnesium Stearate, Silicon Dioxide, Hydroxypropyl Methylcellulose, Polyethylene Glycol, and Titanium Dioxide.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.

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Manufactured for: Madre Labs, LLC

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