



Superior
Absorption

Chelated Magnesium Glycinate

200 mg Magnesium

DIETARY SUPPLEMENT

✓ Cardiovascular Health* ✓ Muscle Function* ✓ Bone Support*

180 Tablets | 180 Servings

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 180

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%**
Magnesium (from magnesium glycinate chelate and magnesium oxide)	200 mg	48%

**Percent Daily Value based on a 2,000 calorie diet.

Other Ingredients: Rice flour, cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, ethylcellulose, carnauba wax.

Directions: Adults: take one tablet daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Magnesium is an essential mineral involved in hundreds of normal body functions. Some of the most important include promoting cardiovascular system health and supporting muscle function and bone health.* **Chelated Magnesium Glycinate** contains magnesium bound to the amino acid glycine to promote optimal absorption.*

✓ **Gluten-free**

✓ **No Artificial Preservatives**

This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

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