

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT



Recommendations

1 to 2 capsules 1-2 times daily, or
as directed by your healthcare
professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT,
RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY
PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net



VITAL
NUTRIENTS

Magnesium
(citrate)
150mg

DIETARY SUPPLEMENT
100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 vegetarian capsules
Servings Per Container: 50

	Amount Per Serving	%DV
Magnesium (as magnesium citrate)	300mg	71%

Other Ingredients: Vegetable Cellulose
Capsule, Magnesium Silicate, and Ascorbyl
Palmitate.

manufactured by
VITAL NUTRIENTS
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