

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 once or twice daily, or as directed by your healthcare professional.

### Warning

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.  
<sup>†</sup>VERIFIED BY INDEPENDENT TESTING



**ALBION**  
MINERALS

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**VITAL**  
NUTRIENTS

**Triple Mag**  
**250mg**

**DIETARY SUPPLEMENT**  
**90 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 2 vegetarian capsules  
Servings Per Container: 45

	Amount Per Serving	Percent Daily Value
Magnesium (as a blended ratio of 10% magnesium glycinate, 30% dimagnesium malate, 60% magnesium oxide)	500mg	119%

Other Ingredients: Vegetable Cellulose Capsule, Leucine, and Magnesium Silicate.

Raw materials and finished products are independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

manufactured by  
**VITAL NUTRIENTS**  
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