



Superior
Absorption

Chelated Magnesium Glycinate

400 mg Magnesium

DIETARY SUPPLEMENT

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

240 Tablets | 120 Servings

Carlson® Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 120

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%**
Protein	<1 g	
Magnesium (from magnesium glycinate chelate and magnesium oxide)	400 mg	95%

**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 two tablets daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur.

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.

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

POTENCY & QUALITY GUARANTEED

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