

Supplement Facts

Serving Size: 2 capsules

Servings per bottle: 30

Amount per serving		DV
Magnesium Glycinate (14% Magnesium)	1200mg	56%
Vitamin B6 (Pyridoxine HCL)	2mg	130%
Vitamin B1 (Thiamine HCl)	2mg	160%

Other ingredients: Gelatin (animal) capsule shell

Everyday Health,
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Everyday Health

HIGH ABSORPTION

MAGNESIUM

FORTIFIED WITH VITAMINS B1 & B6

FOR MAXIMUM BIOAVAILABILITY

DIETARY SUPPLEMENT

60 CAPSULES

Directions:

Take 2 capsules once or twice per day, on an empty stomach with water or as advised by your doctor

Caution:

If you suffer from any serious health problems or on medications consult your physician before using. Keep out of reach of children.



Made in New Zealand
from imported ingredients

SCAN FOR INFO



Batch:

Best Before: