

Suggested Use: As a dietary supplement, adults take four (4) veg capsules daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Caution: Consult your physician before use if you are pregnant, nursing, have a medical condition, taking any medications, or are planning any medical or surgical procedures. Keep out of reach of children.

For serious adverse event reporting call (877) 455-2826.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NATURAL GROCERS
By Vitamin Cottage

MAGNESIUM BISGLYCINATE

350 MG

*Stress Support**

120 VEG CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (as Magnesium Ascorbate)	30 mg	33%
Magnesium (as Magnesium Bisglycinate)	350 mg	83%

Other Ingredients: Hypromellose (cellulose, water), silica, and rice bran.

Manufactured for:
Vitamin Cottage Natural Food Markets, Inc.
Lakewood, CO 80228 • www.naturalgrocers.com

Made Without: Sugar, salt, dairy, yeast, wheat, gluten, soy, magnesium stearate, artificial preservatives, artificial colors or flavors.

Made in a U.S. facility from global ingredients.

CAPSULE SIZE

RUZZ