



Magnesium

350 mg

DIETARY SUPPLEMENT

✓ Cardiovascular Support* ✓ Blood Pressure* ✓ Nerve Health*

180 Capsules | 180 Servings

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 180

	Amount Per Serving	% Daily Value
Magnesium (from magnesium oxide)	350 mg	83%

Other Ingredients: Beef gelatin capsule, magnesium stearate (veg.), cellulose.

Directions: Adults: take one capsule daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

✓ **Gluten-free**
✓ **No Artificial Preservatives**

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

Magnesium is an essential mineral, important for many vital body functions. Consuming diets with adequate magnesium may reduce the risk of high blood pressure (hypertension)*. However, the FDA has concluded that the evidence is inconsistent and inconclusive.

POTENCY & QUALITY GUARANTEED

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