

100%
QUALITY

SATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

50%
MORE
FREE!

MAGNESIUM OXIDE

500 mg

GLUTEN FREE
NON GMO

DIETARY
SUPPLEMENT

60

90

QUICK RELEASE
CAPSULES



ESSENTIAL MINERAL

Supplement Facts

Serving Size: 1 Quick Release Capsule

Servings Per Container: 90

Amount Per Serving	%Daily Value	
Magnesium	500 mg	119%
(from 865 mg of Magnesium Oxide)		

OTHER INGREDIENTS: Gelatin Capsule, Rice Powder, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) quick release capsule daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

NO Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

Carefully Manufactured by
Nature's Truth LLC
Ronkonkoma, NY 11779 USA
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1-844-544-1030
naturestruthproducts.com

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