

Suggested use: As a dietary supplement, mix one scoop (4.2 g) in eight ounces of your favorite liquid. It is recommended to take with food. Scoop included.

NOTE: Product contains a desiccant packet to maintain freshness. Do not eat the desiccant packet.

WARNING: For adults only. Consult your healthcare provider before use if you are pregnant, nursing, taking prescription medications or have a medical condition. This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid direct contact with skin, eyes and clothing.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



100% Pure
Magnesium Citrate
POWDER

Muscle and Bone Health

630 mg per serving UNFLAVORED

MINERAL SUPPLEMENT | NET WT 8.6 OZ (244 G)

Supplement Facts

Serving Size 1 Scoop (4.2 g)

Servings Per Container 58

Amount Per Serving	% Daily Value
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Magnesium	630 mg	150%
(from magnesium citrate)		

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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