

swanson.com

or call 1-800-437-4148

- Supports a healthy stress response**
- Essential for heart, bone and muscle health**
- Promotes relaxation of mind and body**

Suggested use: As a dietary supplement, for children ages 4 to 12, chew one gummy per day. For ages 12 and older, chew one gummy up to four times daily. Chew thoroughly before swallowing. Gummies may stick together, but this does not affect the potency, quality or efficacy of the product.

WARNING: Children 4 years old and older do not take more than one gummy per day. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

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

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



120
GUMMIES
DIETARY SUPPLEMENT



Magnesium

**Stress, Muscle and
Bone Support****

Watermelon

- VEGAN
- GLUTEN FREE
- NON-GMO



Supplement Facts

Serving Size 1 Gummy

Servings Per Container 120

Amount Per Serving	1 Gummy	%DV	4 Gummies	%DV
Calories	5		20	
Total Carbohydrates	2 g	<1%†	8 g	3%†
Total Sugars	1 g	*	4 g	*
	Includes 1 g	2%	Includes 4 g	8%
	Added Sugars		Added Sugars	
Magnesium	84 mg	20%	336 mg	80%
	(from magnesium citrate)			

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Organic tapioca syrup, organic cane sugar, water, inulin, glycerin, agar, citric acid, natural watermelon flavor, organic black carrot extract (color).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148



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