

swanson.com
or call 1-800-437-4148

- Essential nutrition for cellular energy production
- Supports hundreds of enzymatic processes in the body

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule with water three times per day.

WARNING: For adults only. Consult your physician 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.



Magnesium Aspartate

133 MG ELEMENTAL MAGNESIUM PER CAPSULE

Energy Support

685 mg per capsule

MINERAL SUPPLEMENT | 90 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	133 mg	32%
(from 685 mg magnesium aspartate)		

Other ingredients: Gelatin, brown rice flour, magnesium stearate.

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