

swanson.com

or call 1-800-437-4148

- Essential mineral involved in hundreds of biochemical reactions
- Well-absorbed source
- Helps maintain bone health, muscle and nerve function

Science-Backed Quality Since 1969

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

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 Orotate

Optimal Absorption

40 mg elemental magnesium

MINERAL SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	40 mg	10%
		(from 654 mg magnesium orotate)

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

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