

DIRECTIONS: Take one capsule daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Magnesium plays a vital role in hundreds of metabolic activities. The mineral particularly supports muscle and nervous system function. **Magnesium Citrate** supports healthy bowel movement by attracting water when it is in the intestine.*

*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.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



Magnesium Citrate

DIETARY SUPPLEMENT
120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

	Amount Per Serving	%Daily Value
Magnesium (as magnesium citrate)	100 mg	24%

Other Ingredients: Capsule (hypromellose and water), ascorbyl palmitate, and silica.

Professional Use Only.

Manufactured in a GMP compliant facility.

Distributed By: Village Vitality LLC

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