

DIRECTIONS: Take 4 capsules daily, with or without food.

CAUTION: Use only as directed. If pregnant, nursing, taking medication, or under medical supervision for any condition, consult a health-care professional before use. Not intended for children.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Tamper evident. Do not use if printed safety seal under cap is broken or missing.

No milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, soy, colors, flavors, preservatives, or magnesium stearate.

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About Magnesium Glycinate

Magnesium glycinate is easier for the body to absorb than other forms of magnesium mineral. It is also gentler on the stomach and less likely to cause loose stools.

Magnesium supports:

- Exercise performance*
- Cardiovascular health*
- Emotional balance*
- Bone strength*
- Maintaining blood sugar levels already within normal range*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Magnesium Glycinate

350 mg

Superior absorption
to support bones, heart
& glucose metabolism*

DIETARY SUPPLEMENT
120 VEG CAPSULES

SUPPLEMENT FACTS

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving		% DV
Magnesium	350 mg	83%
(as Magnesium Glycinate, Buffered)		

Other Ingredients: Hypromellose (Vegetable Cellulose), Silica, and Rice Bran.

Exclusively formulated and distributed by LifeSeasons®
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Vegetarian. Gluten-Free.
Made in USA with globally sourced ingredients.