



magnesium citrate complex

160mg

mineral
100 capsules
dietary supplement

bones^v
teeth^v
energy
production^v

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Capsule

Servings per Container: 100

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate, oxide)	160 mg	40%

Other ingredients: Gelatin, magnesium stearate.

Does not contain: Yeast, Corn, Wheat, Gluten,
Sugar, Salt, Soy, Starch, Dairy, Fish, Preservatives,
Artificial Colors or Flavors.

^v 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.

DIRECTIONS: As a dietary supplement, take
one (1) to two (2) capsules daily, preferably
with meals.

WARNING: Consult your healthcare provider
prior to use if you are pregnant, nursing,
taking any medication or have any medical
conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
or call 1-800-223-1216
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