

Suggested Usage: Mix 1 level teaspoon of powder into at least 6 oz. of juice or water. Take 1 to 2 times daily with food. This product must be diluted into a liquid before ingestion.

Magnesium bisglycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.* Magnesium is a mineral that activates an estimated 300 enzymes, including those that regulate functions critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* In addition, magnesium is required for fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

***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.**

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not eat freshness packet enclosed.

This bottle is made from 100% PCR (post-consumer recycled) resin.



CODE 1299 v8



7 33739 01299 9



Magnesium Bisglycinate Powder

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

NET WT. 8 OZ. (227 g)

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Level Teaspoon (approx. 2.5 g)
Servings Per Container about 91

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from 2,500 mg Magnesium Bisglycinate) (Albion™)	250 mg	60%

Other ingredient: Citric Acid.

Packaged by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Packaged and quality tested in the USA.

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Albion™ and the Albion Gold Medallion design are trademarks of Balchem Corporation or its subsidiaries.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

