

**Suggested Usage:** Take 3 capsules daily, preferably in divided doses, with food.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.\* It is a required cofactor for an estimated 300 enzymes.\* Among the reactions catalyzed by these enzymes are 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.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 1296C V3



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# Magnesium Citrate

**Nervous System Support\***

- Supports Energy Production\*
- Critical for Enzyme Function\*

**240 Veg Capsules**

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Veg Capsules  
Servings Per Container 80

	Amount Per Serving	% Daily Value
Magnesium (from 2,665 mg Magnesium Citrate)	400 mg	95%

Other ingredients: Hypromellose (cellulose capsule), Stearic Acid (vegetable source) and Silicon Dioxide.

Quality Tested & Packaged by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

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

This magnesium citrate is a fully reacted mineral supplement.

Store in a cool, dry place after opening.

