

Suggested Usage: Take 3 softgels 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.* Magnesium citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability.

***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 and oil separation may occur in this product.

SOFTGEL SIZE

CODE 1298 V4



7 33739 01298 2



Magnesium Citrate Softgels

Nervous System Support*

- Superior Bioavailability
- With Glycinate and Malate



180 Softgels

A Dietary Supplement



Contains Gelatin

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%**
Magnesium (from Magnesium Citrate, Magnesium Glycinate and Magnesium Malate)	400 mg	95%

** Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Rice Bran Oil, Softgel Capsule [bovine gelatin (BSE-free), glycerin, water], Beeswax and Sunflower Lecithin.

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

Made and quality tested in the USA with globally sourced ingredients.

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

Store in a cool, dry place after opening.

