

Suggested Usage: Take 2 tablets 1 to 2 times daily with food.

Magnesium glycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.* 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 processes that require magnesium are fat and protein production, as well as 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.

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

TABLET SIZE

CODE 1289B V4



Magnesium Glycinate

Nervous System Support*

- Highly Absorbable Form
- Supports Healthy Muscle, Nerve & Heart Functions*

180 Tablets



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 90

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from 2,000 mg Magnesium Bisglycinate) (Albion™)	200 mg	48%

Other ingredients: Citric Acid, Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Silicon Dioxide and Vegetarian Coating [hypromellose (cellulose), stearic acid (vegetable source), sunflower lecithin, triethyl citrate, sunflower oil].

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, 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, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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Store in a cool, dry place after opening.

