

**Suggested Usage:** Take 1 capsule 3 times daily, preferably 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.\* Malate is an important Krebs cycle intermediate, indicating that it is an important molecule in the production of cellular energy derived from carbohydrates.\*

\*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.

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

CAPSULE SIZE

CODE 1303 V2



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# Magnesium Malate Caps

**Nervous System Support\***

95 mg of Elemental Magnesium  
**180 Veg Capsules**

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from 841 mg Magnesium Malate)	95 mg	23%

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

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowfoods.com](http://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.

NOW® Magnesium Malate is a fully reacted mineral supplement.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

