

**Product Info:** Magnesium glycinate is the magnesium salt of glycine (an amino acid) Magnesium glycinate is one of the most common forms of Magnesium taken to increase magnesium levels in the body since it may be gentler on the stomach compared to other forms.\*

**Suggested Use:** As a dietary supplement take 1 serving per day, with or without food.

**Storage:** Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.

\*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.



# MAGNESIUM GLYCINATE

**400 mg**  
per capsule

**180 Veggie Capsules**  
Dietary Supplement

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 180

Amount per Serving		% Daily Value
Magnesium (as magnesium glycinate)	60mg	14.29%
Magnesium Glycinate	400 mg	†

† Daily Value not established

**Other Ingredients:** Hypromellose (capsule), Rice flour and microcrystalline cellulose

**WARNING:** Consult your physician before use. Do not use Magnesium Glycinate if you are pregnant, nursing, or under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not use Magnesium Glycinate and operate heavy machinery until you know how it affects you. Keep out of reach of children. Do not exceed 4 capsules per day.

Manufactured for:  
Double Wood LLC

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