

**SUGGESTED USE:** As a dietary supplement, take 5 capsules per day.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

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.

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.**

Developed and distributed by  
Dr. Eric Berg DC

To reorder:  
[shop.drberg.com](http://shop.drberg.com) (800) 816-8184

Dr. Berg Nutritionals  
4501 Ford Avenue, Alexandria, VA 22302

Rev. US 01



**Dr. Berg**<sup>®</sup>  
THE KNOWLEDGE DOC

# MAGNESIUM GLYCINATE

Highly absorbable magnesium  
with added vitamins B6 and D3

**150 Capsules**  
Dietary Supplement

## Supplement Facts

Serving size: 5 capsules  
Servings per container: 30

	Amount per Serving	%DV*
Magnesium (from magnesium glycinate)	400 mg	95%
Vitamin B6 (from pyridoxal 5-phosphate)	30 mg	1765%
Vitamin D (from D3 cholecalciferol)	25 mcg (1000 IU)	125%

\*Percent Daily Value is based on a 2000 calorie diet.  
\*\*Daily Value not established.

Other ingredients: Vegetable capsule, microcrystalline cellulose, magnesium stearate (vegetable source)

