Caution: Keep out of reach of children. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before using this product. Store in a cool, dry place.

Do not use if safety seal under the lid is broken or missing.

Does NOT contain GMOs, soy, gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

*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.

Vitamin

PROUD SUPPORTER



NO GMOs





NO GLUTEN



VEGAN FRIENDLY

NO COLORING, PRESERVATIVES OR FLAVORING



healthy bones, heart, & stress relief*



Supplement Facts

Serving Size 1 Capsule Servings Per Container 120

Amount Per Serving % DV 200 mg 48% Magnesium (from 513 mg Buffered Magnesium Glycinate Chelate Complex [Magnesium Oxide and Magnesium Bisglycinate])

Magnesium-Rich Plants Blend*

30 mg

Organic Spinach Leaf

Organic Swiss Chard Leaf

Organic Okra Fruit

Organic Quinoa Grain (Chenopodium quinoa)

Organic Black Bean (Phaseolus vulgaris)

Organic Pumpkin Fruit

Organic Sunflower Seed

Organic Flaxseed

Other Ingredients: Rice Flour (Brown), Hypromellose (Vegetarian Capsule), Rice Bran Extract.

Formulated and distributed by:

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^{**} Daily Value (DV) not established.