

Formulated by
Drew Sinatra, ND

Board-certified naturopathic doctor focused on integrative solutions for overall wellness whose 15+ years of treating patients—and work with supplement leader Healthy Directions—led to the development of **High Potency Magnesium Glycinate Complex** for bone, heart, and overall health.[†]

Precautions: Reduce or discontinue use if you develop loose stools. This side effect may worsen when taking this product in conjunction with other supplements containing magnesium. Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications.

Keep out of reach of children.

[†]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.



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HIGH POTENCY
**Magnesium
Glycinate**
COMPLEX

420 mg/
serving



420 mg / 100% Daily Value Per 2-Capsule Serving

Dietary Supplement | 60 Capsules / 30 Servings

Doctor's Suggested Use: Take 2 vegan capsules daily with a meal.

Supplement Facts

Serving Size: 2 Vegan Capsules
Servings Per Container: 30

Amount Per Serving		% DV
Magnesium	420 mg	100%
[as Magnesium Glycinate Complex (magnesium glycinate, magnesium oxide)]		

Other ingredients: Hypromellose, silica, vegetable magnesium stearate

Distributed by Healthy Directions, Bethesda, MD 20817

UNCONDITIONALLY GUARANTEED for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

SKU: DMG 02 C11000, 2023 R-1

Please see bottom of bottle for Lot No. and Expiration Date