

## Promotes a Sense of Calm\*

### High absorption form of magnesium

- Replenishes stress-depleted magnesium levels\*
- Supports muscle, heart, and nerve function\*
- Promotes a healthy response to stress and a balanced mood\*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

**GLUTEN FREE.** No wheat, soy, dairy, or gelatin.

**Keep out of reach of children.** Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA  
Bottled and tested in the USA  
**Questions?** 1-800-9NATURE / [naturesway.com](https://www.naturesway.com)

◆ LH14601.01 BGM9295



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

# Nature's Way

## MAGNESIUM GUMMY

HIGH ABSORPTION

### Promotes Calmness & Muscle Relaxation\*

WITH  
PLANT-  
BASED  
PECTIN

Mixed Berry  
Flavored



100 MG PER GUMMY

60 GUMMIES - DIETARY SUPPLEMENT

**Recommendation: Adults:** To support muscle relaxation, heart and nerve function, chew 1 gummy daily.\* To promote calm, manage stress, and balance mood, chew 3 gummies daily.\* Do not exceed 3 gummies per day. Not formulated for children. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

| Serving Size                        | 1 Gummy |     | 3 Gummies |      |
|-------------------------------------|---------|-----|-----------|------|
| Servings per Container              | 60      |     | 20        |      |
| Amount per Serving                  | % DV†   |     | % DV†     |      |
| Calories                            | 15      |     | 45        |      |
| Total Carbohydrate                  | 4 g     | 1%† | 12 g      | 4%†  |
| Total Sugars                        | 2 g     | **  | 7 g       | **   |
| Includes Added Sugars               | 2 g     | 4%† | 7 g       | 14%† |
| Magnesium<br>(as magnesium citrate) | 100 mg  | 24% | 300 mg    | 71%  |
| Sodium                              | 10 mg   | <1% | 25 mg     | 1%   |

†Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

Other ingredients: glucose syrup, sugar, purified water, pectin, citric acid, natural flavors, sodium citrate, coconut oil, vegetable and fruit juice color, vegetable juice color, carnauba wax