

IMPORTANT:

Store in a cool dry place and tightly capped. Keep out of the reach of children.

CAUTION: Magnesium supplements can cause changes in stool consistency and bowel habits. If this occurs, discontinue use and discuss this matter with your physician.

Formulated for adults. For children, consult a physician.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame

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Manufactured Exclusively by:

KIRKMAN®
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**DIETARY
SUPPLEMENT**

HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

**BUFFERED
MAGNESIUM
OXIDE**

180 mg

*Relaxes nerves and muscles and
promotes restful sleep†*

**250
CAPSULES**

SUGGESTED USE:

Take one to two capsules daily or as directed by a physician.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 250

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	22%
Magnesium (from Magnesium Oxide)	180 mg	43%

Other Ingredients: Vegetarian Capsules (hypromellose and water), Silicon Dioxide

†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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