

Suggested Use: Take 1 tablet daily with or without food, or as recommended by a qualified healthcare professional.

Formulated Without: Gluten, GMOs or Soy

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

*This statement has 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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Magnesium Complex

300 mg

Supports Muscle, Heart,
Nerve & Bone Health*



LAKE AVENUE[®]
NUTRITION

Dietary Supplement 250 Tablets

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 250

	Amount Per Serving	%Daily Value
Magnesium (as Magnesium Oxide, Magnesium Citrate and Magnesium Carbonate)	300 mg	71%

Other Ingredients: Stearic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Dicalcium Phosphate, Magnesium Stearate, Silicon Dioxide (Silica), Tablet Coating (Hydroxypropyl Methylcellulose, Polyethylene Glycol, Titanium Dioxide), and Sodium Starch Glycolate.

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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Manufactured for: Madre Labs, LLC

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