



Healthy Bone, Muscle  
& Nerve Support<sup>†</sup>



# Magnesium Triple Source Sustained Release

100 Tablets  
DIETARY SUPPLEMENT

**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

**Directions:** Take 1 tablet daily with a meal or glass of water. Use only as directed. Store in a cool, dry place.

## Supplement Facts Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-6 (Pyridoxine HCl)	5 mg	294%
Magnesium (from Magnesium Oxide, Malate and Citrate)	500 mg	119%

**Other Ingredients:** Cellulose, Stearic Acid, Silica and Magnesium Stearate.

**Discussion:** KAL® Magnesium Sustained Release Once Daily tablet provides 500 mg Magnesium in 3 forms for enhanced bioavailability. Magnesium is an essential and important mineral required for over 300 cellular processes and biochemical reactions within the body. On a cellular level, Magnesium is utilized in energy production and storage, cell membranes and balance within the cell. Magnesium plays an important role in supporting healthy bones and muscle.<sup>†</sup>

<sup>†</sup> These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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**KAL**  
Salt Lake City, UT 84101 USA  
**Comments or Questions:**  
800-538-5888 [www.kalvitamins.com](http://www.kalvitamins.com)



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