

It is estimated that 1 in 2 Americans have inadequate magnesium dietary intake. Magnesium is needed for 300+ biochemical reactions. It also helps maintain normal muscle and nerve function, keep heart rhythm steady, support a healthy immune system, support energy production, relax your muscles.*

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER-PARVE
YES CERTIFIED HALAL BY IFANCA

NO YEAST OR WHEAT
NO SOY OR MILK
NO SUGAR OR SALT
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No: **22DB16A**
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 Best by: **05/25**

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ESTABLISHED
 — 1971 —
**Country[®]
 Life**

MAGNESIUM CITRATE

250 mg per serving

Certified Gluten-Free

- Helps relax muscles*
- Supports bone health*
- Only 2 tablets per day

Dietary Supplement **120** Tablets

— *Our* **PLEDGE of INTEGRITY** —
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY

Directions: Adults take two (2) tablets daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets
 Servings Per Container 60

Amount Per Serving		% Daily Value
Calcium†	190 mg	15%
Phosphorus†	148 mg	12%
Magnesium (as magnesium citrate)†	250 mg	60%

Other Ingredients: Cellulose, dicalcium phosphate, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, vegetable glaze.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken.
Store in a dry place between 59°- 86° F.
Keep out of the reach of children.

Manufactured by Country Life, LLC
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 CountryLifeVitamins.com
 Product No. 2687