

Learn about our seals:
megafood.com/standards

*Made without milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish and sesame.



†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.

MegaFood®

Magnesium 300mg

CITRATE, MALATE, GLYCINATE

An essential mineral
for muscle relaxation†

60 CAPSULES / 30 SERVINGS DIETARY SUPPLEMENT

Suggested Use: Adults take 2 capsules any time of day with food and a beverage.

Supplement Facts

Serving size 2 capsules Servings per container 30

Amount per serving	% DV
Magnesium (as magnesium malate, magnesium citrate, magnesium glycinate) 300 mg	71%
Organic spinach leaf 50 mg	**

** % Daily Value (DV) not established

Other Ingredients: Hypromellose, ascorbyl palmitate, rice hull concentrate.

MADE FOR MEGAFOOD, PO BOX 5244, MANCHESTER, NH 03108 USA
MEGAFOOD.COM • 800.848.2542

MegaFood Magnesium 300 contains three synergistic forms of magnesium to help support a healthy heart, nervous system, and muscle relaxation.† Formulated to be gentle and effective.

Satisfaction guaranteed or your money back.

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Keep out of reach of children. Store tightly sealed in a cool place and avoid exposure to moisture. Once open, consume within three months.



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