

Scan for
product info

Read the entire label and follow the directions
carefully prior to use.

DIRECTIONS: Take one (1) capsule,
one to three times daily, or as
recommended by a healthcare
practitioner. Can be taken all at once
or in divided doses.

CAUTION: If taken in high doses,
magnesium may have a laxative effect.
If this occurs, divide dosing, reduce
intake, or discontinue product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is damaged.
- Consult with your physician if you are
undergoing treatment for a medical
condition or if you are pregnant or lactating.



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**LIFE
EXTENSION®**

**Magnesium
(Citrate)
100 mg**



GLUTEN FREE



Bioavailable Mineral For
Cardiovascular Health*

100 VEGETARIAN | DIETARY
CAPSULES | SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Magnesium	100 mg	24%
(as magnesium citrate)		

Other ingredients: vegetable cellulose
(capsule), vegetable stearate.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
LifeExtension.com

To report a serious adverse event or
obtain product information, contact
1-866-280-2852.

*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.