Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.*

* 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

NO YEAST, CORN OR WHEAT

NO SOY, MILK OR SALT

NO SUGAR OR PRESERVATIVES

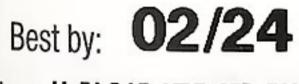
NO ARTIFICIAL COLORS, FLAVORS OR ARTIFICIAL SWEETENERS

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

21B908A







This product does not contain common GE Visit igenprogram.com



- Our PLEDGE of INTEGRITY-

ESTABLISHED .

Country[®] Life

CHELATED MAGNESIUM

250 mg Certified Gluten-Free

- Helps relax muscles*
- Supports bone health*

Directions: Adults take one (1) tablet daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health

Supplement Facts Serving Size 1 tablet **Amount Per Serving** % Daily Value Magnesium 60% 250 mg (as magnesium oxide, magnesium amino acid chelate [rice protein based])

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, vegetable glaze.

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 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA) CountryLifeVitamins.com Product No. 2686