

Magnesium is necessary to activate Vitamin D, while Vitamin D supports the intestinal absorption of magnesium.* This dual-action relationship enhances the utilization of these nutrients to power overall health and wellness.*

* 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 VEGETARIAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS WIND POWER

YES KOSHER-PARVE

NO YEAST, WHEAT OR SOY

NO MILK, SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS



This product does not contain common GE genes or proteins. Visit igenprogram.com

Lot No:

05A23

Best by:

This product has been manufactured at a GMP Registered facility.

Certified



Corporation



0 15794 02679 2

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

• DUAL ACTION •

HIGH ABSORPTION* MAGNESIUM GLYCINATE

Certified Gluten-Free

- With Vitamin D for enhanced magnesium absorption*
- Promotes muscle relaxation*

Dietary Supplement **90** Tablets

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

Directions: Adults take three (3) 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 3 tablets

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin D (D ₃) (as cholecalciferol - from Lanolin)	25 mcg (1,000 I.U.)	125%
Magnesium (as magnesium bisglycinate)†	350 mg	83%

Other Ingredients: Cellulose, hypromellose, stearic acid, hypromellose & glycerin coating, silica, vegetable magnesium stearate.

† 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
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 2679