

**Supports Muscle Relaxation\***

**Promotes a sense of calm\***

- High potency formula with two forms of magnesium
- Supports a healthy response to stress\*
- Replenishes stress-depleted magnesium levels\*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

**GLUTEN FREE.** No wheat, corn, soy, dairy, or artificial colors, or flavors.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / [naturesway.com](https://www.naturesway.com)

◆ LH41051.A01 BLK8056A



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Nature's  
**Way**

# MAGNESIUM COMPLEX

**HIGH POTENCY**

**Supports Muscle  
Relaxation & Function\***

**500 MG**  
PER 2-CAPSULE SERVING

**100 CAPSULES - DIETARY SUPPLEMENT**

**Recommendation:** Adults take 2 capsules daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 2 Capsules  
Servings per Container 50

Amount per Serving		% DV†
Total Carbohydrate	<1 g	<1%†
Magnesium (as magnesium citrate, oxide)	500 mg	119%

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate, silica

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.