

**Nature's Lab Gold Magnesium Glycinate** is a powerful supplement that may help support heart health, mood, and energy levels as well as digestive support.†

**Nature's Lab Gold Magnesium Glycinate** features Albion® Magnesium chelate, a patented form of magnesium that's been clinically researched and chemically validated with TRAACS® (The Real Amino Acid Chelate System). This patented form mimics the body's natural chelation process to produce readily absorbable magnesium for supplement use.†

**Warnings:** Pregnant or lactating women and people with known medical conditions and/or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements. Discontinue use and consult your doctor if any adverse reactions occur.

†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.

**Manufactured in the USA with imported and US ingredients.**

Item # 14162



Manufactured for Nature's Lab  
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Visit [NaturesLab.com](http://NaturesLab.com) to learn more.

**Nature's Lab®**  
**GOLD**

**BREAKTHROUGHS FOR LIFE®**

# MAGNESIUM GLYCINATE

**400 mg of Magnesium Per Serving**

**Supports Heart Health†**

**120**  
Easy-to-Swallow  
Capsules

**DIETARY SUPPLEMENT**

**Suggested Use:** As a dietary supplement, take 4 capsules one time daily, preferably with a meal, or as directed by a qualified healthcare practitioner.

## Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Magnesium (as TRAACS® magnesium glycinate chelate, and magnesium oxide)	400 mg	95%

**Other Ingredients:** Cellulose, gelatin (capsule), magnesium stearate

**Free of:** Sugar, Salt, Dairy, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Yeast, Wheat, Soy, Gluten, Titanium Dioxide, Artificial Colors and Flavors.

Do not use if seal is broken. Keep out of reach of children. Store in a cool, dry place.

Manufactured in a facility that also processes soy, egg, milk, fish, shellfish, tree nuts and sesame.



TRAACS®, Albion® and the Albion Medallion are registered trademarks of Albion Laboratories, Inc.

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