

Suggested Use: Take 2 tablets daily with food, or as recommended by a qualified healthcare professional.

Formulated Without: Gluten, GMOs or Soy

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

Formulated with TRAACS® Magnesium Bisglycinate. TRAACS® is a registered trademark of Albion Laboratories, Inc.

Magnesium Bisglycinate Chelate

Bioavailable Magnesium



LAKE AVENUE®
NUTRITION



Dietary Supplement

60 Tablets

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 30

	Amount Per Serving	%Daily Value
Magnesium (from 1,112 mg Magnesium Bisglycinate Chelate)	200 mg	48%

Other Ingredients: Stearic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Vegetarian Tablet Coating (Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Stearic Acid), Magnesium Stearate, and Silicon Dioxide (Silica).

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

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