suggested use: Take two (2) capsules once or twice daily. May be taken with or without a meal.

Magnesium supports heart and bone health. It also helps muscle relaxation and sleep.*

This product contains two highly absorbable and gentle forms of chelated magnesium: glycinate and malate.

DOES NOT CONTAIN: Dairy, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, soy, sugar, yeast, artificial colors or flavors.

All ingredients are non-BE (Bioengineered) and suitable for vegans. Does not contain Magnesium Oxide.

*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.



Advanced MAGNESIUM

SUPPORTS RELAXATION & SLEEP*

Supports Heart, Bones, and Muscles
 Vegan • Gluten Free

Dietary Supplement

150 Vegetarian Capsules

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 75

Amount Per Serving %DV*

Magnesium (Elemental) 210 mg 50%

(as Magnesium Malate,
Magnesium Glycinate*)

*Daily Value (DV)

OTHER INGREDIENTS: Vegetarian Capsule (Plant Cellulose), Medium Chain Triglyceride, and Rice Extract.

Source: Magnesium chelated, encapsulated, packaged, and tested in USA.

If you are pregnant, nursing or taking any medications, talk to your doctor before use. Keep out of reach of children. Store at room temperature.

*Formulated with 800 mg Magnesium Malate and 450 mg Magnesium Glycinate per serving.

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