

Suggested Usage: Mix 1 level teaspoon of powder into at least 8 oz. of cold water or clear liquid until fully dissolved. To fully dissolve, add powder slowly while stirring. Once prepared, this mixture may be added to smoothies or juices as desired. Take once daily with a meal. Pure magnesium citrate powder can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

*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.

Caution: This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin and eyes. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1295B

V12



Magnesium Citrate Pure Powder

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

NET WT. 8 OZ. (227 g)

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Level Teaspoon (3 g)
Servings Per Container about 76

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from 3,000 mg Magnesium Citrate)	450 mg	107%

Other ingredients: None.

Packaged by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Packaged and quality tested in the USA.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This magnesium citrate is a fully reacted mineral supplement.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR
(post-consumer recycled) resin.

