

**Suggested Usage:** Take 3 softgels daily, preferably in divided doses, with food.

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.\* Magnesium citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability.

\*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: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation and oil separation may occur in this product.

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

CODE 1297 V7



SOFTGEL SIZE



# Magnesium Citrate Softgels

Nervous System Support\*

- Superior Bioavailability
- With Glycinate and Malate

90 Softgels

A Dietary Supplement



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%**
Magnesium (elemental)	400 mg	95%
(from 2,018 mg complex of Magnesium Citrate, Magnesium Glycinate, Magnesium Malate, Magnesium Oxide)		

\*\* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Rice Bran Oil, Softgel Capsule [bovine gelatin (BSE-free), glycerin, water], Beeswax and Sunflower Lecithin.

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

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

Store in a cool, dry place after opening.

