

**Suggested Usage:** Take 2 capsules 1 to 2 times daily with food.

Magnesium glycinate utilizes magnesium bound to the amino acid glycine, which facilitates intestinal absorption.\* 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 processes that require magnesium are fat and protein production, as well as glucose metabolism.\* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.\* This product is enhanced with BioPerine®, a proprietary black pepper extract.

\*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 may occur in this product. Store in a cool, dry place after opening. This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 1284 V1



# Magnesium Glycinate with BioPerine®

Nervous System Support\*

Highly Absorbable Form  
60 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from Magnesium Bisglycinate) (Albion™)	200 mg	48%
Black Pepper Fruit Extract (BioPerine®) (min. 96% Piperine)	2.5 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Citric Acid, Ascorbyl Palmitate, Microcrystalline Cellulose and Silicon Dioxide.

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

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

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.

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