

Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 2 Veg Capsules  
Servings Per Container 90

	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](http://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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BioPerine® is a registered trademark of Sabinsa Corporation, USA.



# Magnesium Glycinate with BioPerine®

Nervous System Support\*

Highly Absorbable Form

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



**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.



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