

SUGGESTED USE: For adults, take one (1) capsule daily preferably with a meal, or as directed by your doctor.

WARNING: If you are pregnant, breastfeeding, or taking any medications, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

Keep out of reach of children. Store at room temperature. Do not use if safety seal under cap is broken or missing.

††This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Pembroke Pines FL 33332

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Inside[®]

Magnesium Glycinate

400 mg



Mineral Supplement
90 Capsules

Supplement Facts

Serving Size 1 Capsule Serving per container 90

Amount Per Serving		%Daily Value*
Magnesium (as Magnesium Glycinate)	400 mg	95%

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

** Daily Value not established.

OTHER INGREDIENTS: Magnesium Stearate, Rice Flour, Stearic Acid.

BENEFITS: Promotes bones and cell formation; also helps in important process such as, nerve transmission, muscle contraction, blood coagulation, energy production, and nutrient metabolism.††

FREE OF: Artificial Color, Artificial Flavor, GMO's, Gluten, Soy.