

Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.*

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

NO YEAST, CORN OR WHEAT
NO SOY OR MILK
NO SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



This product does not contain common GE genes or proteins. Visit igenprogram.com



CHELATED MAGNESIUM

250 mg

Certified Gluten-Free

- ▶ Helps relax muscles*
- ▶ Supports bone health*

Dietary Supplement

90 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium amino acid chelate [rice protein based])†	250 mg	60%

Other Ingredients: Cellulose, vegetable magnesium stearate, hypromellose & glycerin coating, silica, vegetable glaze.

†Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken.

Store in a dry place between 59° - 86° F.

Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2685

