

**SUGGESTED USE:** As a dietary supplement, take 1 capsule per day to assess your tolerance. Increase up to 4 a day if needed.

**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

\*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.

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.**

Developed and distributed by  
Dr. Eric Berg DC

To reorder: [shop.drberg.com](http://shop.drberg.com) (800) 816-8184

Dr. Berg Nutritionals®

4501 Ford Avenue, Alexandria, VA 22302



**Dr. Berg®**  
THE KNOWLEDGE DOC®

# MAGNESIUM GLYCINATE

Enhanced by Vitamins B6 and  
D for Maximum Absorption



Chelated | 120 MG  
Sleep Better - Ease Stress\*

90 VEGGIE CAPSULES  
DIETARY SUPPLEMENT

## Supplement Facts

Serving size 1 capsule  
Servings per container 90

	Amount per Serving	%DV
Vitamin D (as cholecalciferol)	2.5 mcg (100 IU)	13%
Vitamin B6 (as pyridoxal-5-phosphate)	6.5 mg	382%
Magnesium (as magnesium glycinate)	120 mg	29%
Zinc (as zinc picolinate)	10 mg	91%

Percent Daily Values are based on a 2000 calorie diet.

Other ingredients: Vegetable capsule, magnesium stearate