

Magnesium is an essential mineral that plays an important role in many body functions. Magnesium is responsible for a healthy heart rhythm, nervous system function, and the normal utilization of calcium and potassium.* Magnesium may naturally help promote regular bowel elimination.*

- ✓ **Gluten-free** ✓ **Milk/Casein-free**
- ✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

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5201-2c



New Look
Same Quality

Magnesium Gels

400 mg

DIETARY SUPPLEMENT

Promotes Regularity* ✓ Cardiovascular Support* ✓ Muscle Function

100 Soft Gels | 100 Servings

Supplement Facts

Serving Size 1 Soft Gel
 Servings Per Container 100

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Magnesium (from magnesium oxide)	400 mg	95%

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

Other Ingredients: Sunflower oil, beeswax, soft gel shell (bovine gelatin, glycerin, water, carob (for color)).

Directions: Adults: take one soft gel daily at mealtime. Keep bottle tightly closed. Store away from heat and moisture.