Magnesium is an essential mineral involved in hundreds of normal body functions. Some of the most important include promoting cardiovascular system health and supporting muscle function and bone health.* **Chelated Magnesium Glycinate** contains magnesium bound to the amino acid glycine to promote optimal absorption.*

✔ **Gluten-free** ✔ **No Artificial Preservatives**

This formula is prepared to disintegrate over a period of up to 90 minutes.

*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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REDUCED IMPACT COLLECTIVE PLASTIC IMPACT

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Carlson

Superior Absorption

Chelated

Magnesium Glycinate

200 mg Magnesium

DIETARY SUPPLEMENT

Cardiovascular Health* ✔ **Muscle Function*** ✔ **Bone Support***

90 Tablets | 90 Servings

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 90

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	<1 g	<1%**
Magnesium (from magnesium glycinate chelate and magnesium oxide)	200 mg	48%

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

Other Ingredients: Rice flour, cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, ethylcellulose, carnauba wax, pharmaceutical glaze.

Directions: Adults: take one tablet daily **at mealtime.** Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur.