



# Chelated Magnesium Glycinate

**400 mg Magnesium**

DIETARY SUPPLEMENT

✓ Cardiovascular Health\* ✓ Muscle Function\* ✓ Bone Support\*

**120 Tablets | 60 Servings**

Superior Absorption

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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5621-10b

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	1 g	<1%**
Protein	<1 g	
Magnesium (from magnesium glycinate chelate and magnesium oxide)	400 mg	95%

\*\*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 two tablets daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Color variations may occur.