

swanson.com
or call 1-800-437-4148

- Supports nerve, muscle and bone health**
- Helps reduce tiredness and fatigue**
- From oxide, citrate and aspartate sources

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule per day with food and water.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

**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.



SWANSON®

Triple Magnesium Complex

Muscle and Bone Health**

400 mg per capsule

MINERAL SUPPLEMENT | 300 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Magnesium	400 mg	95%
(from magnesium oxide, magnesium citrate, magnesium aspartate)		

Other ingredients: Gelatin, rice flour, magnesium stearate, silica.

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