

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings per Container: 50

Magnesium Bisglycinate	150 mg	36%
Magnesium Malate	150 mg	38%
Magnesium L-Threonate	200 mg	42%
Magnesium Taurate	150 mg	36%
Magnesium Citrate	200 mg	42%

*Daily Value not Established

Other Ingredients: Vegetable Cellulose (capsule) and Diatomaceous Earth

NO: Chemical Fillers or Binders, Artificial coloring, artificial flavor, preservatives, yeast, corn, milk or milk derivatives, lactose, salt, sodium, soy, sugar, gluten, starch or wheat.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Mfg. for Signature Supplements
P.O. Box 1112, San Clemente, CA
From a GMP Facility
yoursignaturesupplements.com

Signature Supplements



MAGNESIUM COMPLEX

*Highly absorbable
elemental Magnesiums**

Consists of 5 forms of the most beneficial types of essential magnesium. All of these alkaline minerals collectively support healthy cardiovascular function, relaxation, improves sleep, muscle function, help manage stress and anxiety as well as building healthy bones. *

DIRECTIONS: For adults, two (2) capsules daily preferably before bed.

Magnesium and other minerals can affect the absorption of many medications.

Do not take this product within 2 hours of taking medications or follow the advice of your health care providers.

WARNING: Pregnant or lactating women should consult a doctor before using any product. Consult doctor before use if you have, or have had, kidney disease, if you are on a magnesium-restricted diet or if you are taking ANY MEDICATIONS OR REMEDIES such as those to treat high blood pressure, heart medications, muscle relaxants or diuretics. Discontinue use and consult your doctor if any adverse reactions occur, such as gastrointestinal discomfort or low blood pressure.



USE BY: 12/15/2026