

NATURE'S TRUTH

DIRECTIONS: For adults, take two (2) quick release softgels daily, preferably with a meal.

FREE OF

Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Flavor, Artificial Sweetener, Preservatives.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, including kidney disease, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

Carefully Designed and Distributed by
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OUR NON-GMO PLEDGE
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*High Absorption**
MAGNESIUM CITRATE
SOFTGELS
250 mg
PER SERVING

NON-GMO • GLUTEN FREE

120 | QUICK RELEASE
SOFTGELS

DIETARY SUPPLEMENT



**HIGHLY ABSORBABLE
ESSENTIAL MINERAL***

Supplement Facts

Serving Size: 2 Quick Release Softgels
Servings Per Container: 60

Amount Per Serving	%Daily Value	
Calories	20	
Total Fat	2 g	3%**
Magnesium (as Magnesium Citrate)	250 mg	60%

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

OTHER INGREDIENTS: Rice Bran Oil, Gelatin, Vegetable Glycerin, Sunflower Lecithin, Caramel Color, Calcium Carbonate.

*Compared to Magnesium Oxide.



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