

NEXT CENTURY NUTRITION™

- Highly Absorbable & Bioavailable. Fully Reacted.
- Promotes Muscle Relaxation & Recovery\*
- Supports Muscle, Bone, & Joint Health\*
- Promotes restful sleep\*
- Vegan • Non-GMO  
Gluten-Free • Made in USA

- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

### Questions? Comments?

Please contact us at 1-800-777-3737

Manufactured for:

**Freedda Health** / Brooklyn, NY 11210

[www.freeddahealth.com](http://www.freeddahealth.com)



### Suggested use:

Take two (2) capsules before bedtime for promoting restful sleep. You can take up to 4 capsules daily.



# FREEDA®

SINCE 1928



## Magnesium Glycinate



Highly Absorbable & Bioavailable



**180 CAPSULES**  
MAGNESIUM SUPPLEMENT

## Supplement Facts

Serving Size: 2 Vegetable Capsules

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bisglycinate)	210 mg	50%

**Other Ingredients:** Vegetable cellulose (capsule), organic rice flour (Non-GMO).

**Keep out of reach of children.** Store in a cool, dry place. Do not expose to excessive heat or moisture. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care practitioner prior to using this product.

\*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.

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