

Directions: Take 2 capsules two times per day with meals. Daily intake may be increased or decreased; should gastric discomfort or diarrhea occur, reduce dosage.

Description: Magnesium is important for healthy blood vessels, energy production and for maintaining healthy nerve and muscle function.* *Opti-Mag* is a blend of four forms of magnesium, designed for optimal absorption and utilization.

Keep container tightly closed in a cool, dry and dark place. Keep out of reach of children.

*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.

This product is manufactured in accordance with current Good Manufacturing Practices (GMP).



300-VRP1830-K



Vitamin Research Products®
Since 1979



Opti-Mag

Dietary Supplement
120 capsules

TESTED FOR QUALITY & PURITY

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Magnesium (as magnesium succinate, magnesium taurinate, magnesium malate and magnesium aspartate)	240 mg 60%

*Daily Value not established.

Other ingredients: Hydroxypropylmethylcellulose (vegetarian capsule) and magnesium stearate.

Manufactured for and distributed by:
VRP Brand, LLC

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