

**SUGGESTED USE:** As a dietary supplement, take four (4) Licaps™ capsules daily. Two (2) mid-day and two (2) at night, 2 hours before bed.

Dr. Mercola has been providing quality products since 2001. To see more products, go to [products.mercola.com](http://products.mercola.com)

Do not use if safety seal is broken.

**KEEP OUT OF REACH OF CHILDREN.**

**STORE IN A COOL, DRY PLACE WITH LID TIGHTLY CLOSED.**

**Manufactured for:**

Mercola Health Resources, LLC.  
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10080-v106

**Manufactured in the USA**



**DR. MERCOLA®**  
PREMIUM SUPPLEMENTS

# MAGNESIUM L-THREONATE

2,000 mg  
per serving

Dietary Supplement

120 Licaps™ Capsules

## Supplement Facts

Serving Size: 4 Licaps™ capsules  
Servings per Container: 30

Amount Per Serving	%DV*
Magnesium (from Magtein™)	
Magnesium-L-Threonate).....144 mg	36%
Magtein™	
(Magnesium-L-Threonate) .....2000 mg	**%

\* (%) Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Glycerin, Vegetable Cellulose, Purified Water



Magtein™

Magnesium L-Threonate

Magtein™ is registered under U.S. patents 8,178,118; 8,142,803; 8,163,301 and other pending U.S. Patents  
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