

Suggested Usage: 1 capsule 1–3 times per day or as directed by a health professional. Keep out of reach of children.

Natural Factors Magnesium Citrate is in an easy-to-swallow capsule. The citrate form is extremely well absorbed and well-tolerated by the body and is necessary for hundreds of enzyme reactions in the body and for normal heart function.* It is necessary for protein synthesis, carbohydrate metabolism, proper muscle function and helps to absorb calcium and potassium.*

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, color or sweeteners; no dairy, gluten, soy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness store in a cool, dry place.

* 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.

PRODUCT OF CANADA

Manufactured by Natural Factors Canada

Distributed by NATURAL FACTORS

1111-80th St. SW, Ste. 100

Everett WA, USA 98203



Recyclable container and label.

**Purity & Potency
Guaranteed**

**natural
Factors®**

Magnesium

Citrate

150 mg

90 Capsules



**SUPPORT FOR MUSCLE
& HEART FUNCTION***

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	150 mg	38%

Other ingredients: Gelatin capsule (gelatin, purified water), micro-crystalline cellulose, magnesium stearate (vegetable grade).



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LOT & EXPIRY 1.3125" x .25" Single Line