

Made in the USA

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CODE 1290 V4

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. 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.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, preferably with food. Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It is a required cofactor for an estimated 300 enzymes. Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism. Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*



Magnesium Citrate

NERVOUS SYSTEM SUPPORT

200 mg

- Supports Energy Production
- Critical for Enzyme Function*

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	400 mg	100%

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Formulated & Distributed by NOW FOODS
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For more product information visit
www.nowfoods.com/1290

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

