

Magnesium plays an essential role in maintaining bone mineralization.* Magnesium is also involved in muscle contractions and nerve impulses.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*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.



Prod. No. 5535 B5536 09G

NATURE'S BOUNTY®

HIGH POTENCY Magnesium 500mg

**Promotes Bone
& Muscle Health***



**COATED
FOR EASY
SWALLOWING**

100 tablets

MINERAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Magnesium 500 mg (as Magnesium Oxide)	125%

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Citric Acid, Vegetable Magnesium Stearate, Titanium Dioxide Color.

No Artificial Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish. Sodium Free.

Suitable for Vegetarians

Carefully Manufactured by
NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A.
© 2010 Nature's Bounty, Inc.

