



Magnesium Citrate

NERVOUS SYSTEM SUPPORT

Pure Powder

- Supports Energy Production
- Critical for Enzyme Function*

Net. Wt. 8 oz. (227 g)

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1/2 Level Teaspoon (1.9 g)
Servings Per Container about 119

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	315 mg	79%

Other ingredients: None.

NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
www.nowfoods.com

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.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

*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, mix 1/2 level teaspoon (1.9 g) of powder into at least 6 oz. of juice or water. Take once daily with a meal. Pure Magnesium Citrate Powder can increase the temperature of liquids upon contact; therefore, the recommended serving MUST be mixed into at least 6 oz. of liquid to neutralize this reaction prior to ingestion.

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.*

Caution: This product must be dissolved into at least 6 oz. of liquid before consuming. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



CODE 1295 V6