



Magnesium Oxide

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 1/4 Level Teaspoon (700 mg)
Servings Per Container about 324

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

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.

SUGGESTED USAGE: As a dietary supplement, mix 1/4 level teaspoon of powder into at least 6 oz. of juice or water. Take once daily with a meal.

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.*

*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.

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



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