

Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.*

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

NO YEAST, WHEAT OR CORN

YES CERTIFIED VEGETARIAN BY THE AVA

NO SOY OR MILK

YES RECYCLABLE PACKAGING

NO SALT OR SUGAR

YES MANUFACTURING SUPPORTS

NO PRESERVATIVES

WIND POWER

NO ARTIFICIAL COLOR

YES KOSHER

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



K

**Dietary
Supplement**

90 Tablets

— Our **PLEDGE of INTEGRITY** —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
**Country
Life**

CHELATED MAGNESIUM

250 mg
Certified Gluten-Free

NOW!
SMALLER
tablets

- Helps relax muscles*
- Supports bone health*

Directions: Adults take one (1) tablet daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium amino acid chelate [rice protein based])	250 mg	63%

Other Ingredients: Cellulose, cellulose & glycerin coating, l-leucine, silica, vegetable glaze.

CAUTION: If you are pregnant or nursing, taking medication, or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**Do not accept if seal is broken. Store between 59°-86° F.
Keep out of the reach of children.**

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2685