



Magnesium Tablets 300 mg

Supercharged with ConcenTrace®

Helps maintain healthy levels of magnesium in the body to support healthy cardiovascular, cellular, muscular, immune, bone, and nerve function.[‡]

Gluten Free • Certified Vegan
60 tablets • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	%DV
Calories	5
Total Carbohydrate	1 g <1%*
Magnesium (from Mag. Taurinate, Mag. Citrate, Mag. Chloride from ConcenTrace®, Mag. Glycinate)	300 mg 75%
ConcenTrace® Blend	1 g †
A complex of over 72 naturally occurring ionic trace minerals from Utah's inland sea, the Great Salt Lake.	

* Percent Daily Values (DV) are based on a 2,000-calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Stearic acid, vegetable cellulose, croscarmellose sodium, magnesium stearate, microcrystalline cellulose, silica.

Allergen Info: contain no known allergens. **GLUTEN FREE.**

‡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.



Magnesium is the fourth most abundant mineral in the human body. It is responsible for over 300 biochemical responses in the human body and fuels digestive enzymes, helping the body effectively utilize carbohydrates, proteins, and fats.[‡] Magnesium plays a key role in energy metabolism, nerve conduction, muscle contraction, immune function, bone and tooth formation, and is particularly important to heart and circulatory health.[‡] Research has shown many American diets to be deficient in magnesium.[‡]

Magnesium Tablets is a carefully formulated blend of complementary sources of magnesium that provides 300 mg of magnesium per serving to help you maintain healthy levels of magnesium in the body for optimum health and wellness.

Suggested Use: Take 2 tablets daily at mealtime for best results.

ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.



r-M9Y14



American Vegetarian Association

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LOT #
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