

Magnesium is a poly-active major essential mineral. Magnesium helps to regulate calcium transport and absorption. By stimulating the secretion of the hormone calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization. Magnesium also works with ATP to produce the energy needed to fuel most reactions in the body. It supports healthy nerve and muscle function and may help to support women's menstrual health. This formulation provides a patented form of chelated magnesium to help support optimal absorption and assimilation.\*

† Fully reacted chelates, Albion process patent No.'s. 5,516,925 and 6,716,814

‡ Solgar's Chelated Magnesium Tablets are manufactured under license agreements with Albion Laboratories whose patents and pending patents cover the complexing of minerals with pure amino acids.

Carefully Manufactured by:  
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# CHELATED MAGNESIUM

ADVANCED PATENTED PROCESS†  
SUPPORTS NERVE & MUSCLE FUNCTION\*  
PROMOTES HEALTHY BONES\*

GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGETARIANS



250 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 4 Tablets  
Servings Per Container: 62

Amount Per Serving		%DV
Calcium (as dicalcium phosphate)	135 mg	14%
Magnesium (as magnesium glycinate amino acid chelate‡)	400 mg	100%

DV= Daily Value

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Glycerin, Titanium Dioxide.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, and Preservatives.**

**SUGGESTED USE:** As a dietary supplement for adults, take four (4) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification #K-1250

\*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.

