

Magnesium helps to regulate calcium transport and absorption. By stimulating the secretion of calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization. Along with ATP, magnesium supports cellular energy production. It also promotes nerve and muscle function. This formulation provides 100% magnesium citrate, a highly absorbable form of this important mineral.*

Carefully Manufactured by:
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MAGNESIUM CITRATE

HIGHLY ABSORBABLE
PROMOTES HEALTHY BONES*
SUPPORTS NERVE & MUSCLE FUNCTION*

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GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



120 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 60

Amount Per Serving		%DV
Magnesium	400 mg	100%
(as magnesium citrate)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate, Titanium Dioxide, Vegetable Glycerin.

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

SUGGESTED USE: As a dietary supplement for adults, take two (2) 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.

