

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 offers Vitamin B6 to support the assimilation and activity of magnesium in the body.*

*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.

Carefully Manufactured by:

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MAGNESIUM WITH VITAMIN B6

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

**GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS**



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 83

Amount Per Serving	%DV
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Vitamin B6 (as pyridoxine HCl)	25 mg	1250%
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Calcium (as dicalcium phosphate)	230 mg	23%
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Magnesium (as magnesium oxide)	400 mg	100%
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DV = Daily Value

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

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

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

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

