



Suggested usage: 1 capsule 1–3 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding or trying to conceive, or if you are taking medication, have a medical condition or anticipate a surgery. Keep out of the reach of children.

Magnesium Citrate is in an easy-to-swallow capsule. The citrate form is extremely well absorbed and well tolerated by the body and is necessary for hundreds of enzyme reactions in the body and for normal heart function.* It is necessary for protein synthesis, carbohydrate metabolism, proper muscle function and helps to absorb calcium and potassium.*



Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
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Monroe, WA 98272



Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line



**natural
Factors®**

**Magnesium
Citrate**
150 mg
180 Capsules

MUSCLE & HEART FUNCTION*

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Magnesium (citrate)	150 mg	38%

Other ingredients: Gelatin capsule (gelatin, purified water), microcrystalline cellulose, magnesium stearate (vegetable grade).

