

Suggested Usage: Take 3 softgels daily, preferably in divided doses, with food.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.* Magnesium Citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

SOFTGEL SIZE

CODE 1297 V2



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Magnesium Citrate Softgels

Nervous System Support*

- Superior Bioavailability
- With Glycinate and Malate

90 Softgels

A Dietary Supplement



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 3 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Magnesium (from Magnesium Citrate, Magnesium Glycinate and Magnesium Malate)	400 mg	100%

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water), Beeswax and Sunflower Lecithin.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

