

Suggested Usage: Take 1 tablet 3 times daily, preferably 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.* Malate is an important Krebs Cycle intermediate, indicating that it is an important molecule in the production of cellular energy derived from carbohydrates.*

*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.

TABLET SIZE

CODE 1300 V3



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Magnesium Malate

1000 mg

Nervous System Support*

150 mg of Elemental Magnesium

180 Tablets



A Dietary Supplement Vegetarian/Vegan

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (from Calcium Carbonate)	100 mg	10%
Magnesium (from 1000 mg Magnesium Malate)	150 mg	38%

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Magnesium Malate is a fully reacted mineral supplement.

Store in a cool, dry place after opening.

Please Recycle.

