

Magnesium Citrate

Magnesium in the citrate form.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium can have a laxative effect.

Contraindicated with use of aluminum containing drugs. These nutrients are of the highest quality and purity obtainable, and do not contain preservatives, diluents, or artificial additives. Store in a cool, dry place, tightly capped.



Magnesium Citrate



dietary supplement
HYPOALLERGENIC
180 vegetarian capsules

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	180	
Amount Per Serving	% Daily Value*	
Magnesium (as Magnesium Citrate)	170 mg	43%
* Percent Daily Value are based on a 2,000 calorie diet		

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.

Formulated exclusively for Allergy Research Group®
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