



# magnesium citrate complex

160mg

bones<sup>v</sup>

teeth<sup>v</sup>

energy  
production<sup>v</sup>

mineral

100 capsules  
dietary supplement

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate, magnesium oxide)	160 mg	40%

**Other ingredients:** Rice flour, gelatin, magnesium stearate, silicon dioxide.

**Does not contain:** Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

<sup>v</sup> 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.

**DIRECTIONS:** As a dietary supplement, take one (1) capsule up to two (2) times daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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