



magnesium citrate complex

160mg

mineral
300 capsules
dietary supplement

bones[✓]
teeth[✓]
energy
production[✓]

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.

▼ 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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