



Chelated Magnesium

Chelated to Enhance Absorption

DIETARY SUPPLEMENT

Promotes Cardiovascular Health & Muscle Function*

180 Tablets

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate chelate and magnesium oxide)	200 mg	50%

Other Ingredients: Microcrystalline cellulose, stearic acid, hydroxypropyl cellulose, croscarmellose sodium, magnesium stearate.

Directions: Take one tablet daily, **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

This formula is prepared to disintegrate over a period of up to 1 hour.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

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Magnesium is an essential mineral, important for many vital body functions, including maintaining proper heart rhythm, nervous system function, and the normal utilization of calcium and potassium.*

The magnesium is chelated with glycine (an important amino acid in human nutrition) to promote absorption.*

POTENCY & QUALITY GUARANTEED

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