theVitamin Shoppe®

magnesium citrate

200mg

energy production˅

muscle relaxation˅

mineral

300 tablets

dietary supplement

gluten free

dairy free

soy free

nut free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Magnesium (as magnesium citrate)	200 mg	50%

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, dicalcium phosphate, aqueous coating (purified water, hydroxypropyl methylcellulose, titanium dioxide, polyethylene glycol).

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, 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) tablet up to twice 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.

A source of magnesium 100% from citrate, a form highly utilized by the body. Two tablets provide 100% of the Daily Value. In addition to support muscles, magnesium is important for the functioning of the nervous system and heart.

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

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

Distributed by:
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Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.

learn more at vsquality.net

SUITABLE FOR MOST VEGETARIANS

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