



# magnesium citrate

200mg

energy production<sup>▼</sup>

muscle  
relaxation<sup>▼</sup>

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) to 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.

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