

Recommended Dose: Adults (19 years and older): Take one tablespoon one to two times daily or as recommended by your healthcare practitioner. **Adolescents (9-18 years):** Take one tablespoon daily or as recommended by your healthcare practitioner. If preferred, Magnesium Glycinate Liquid can be mixed with juice or water. **Risk Information:** Some people may experience diarrhea at doses greater than 351 mg per day. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, soy, sodium, artificial coloring or flavoring, dairy or animal products. Ideal for vegans. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. Keep out of reach of children.

Seroyal
Made in Canada for
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GENESTRA BRANDS

Magnesium Glycinate Liquid

MINERAL SUPPLEMENT
Natural Apple-Pomegranate Flavor

15.2 fl oz (450 ml)

Supplement Facts

Serving Size 1 Tablespoon (15 ml)

Servings per Container 30

Each Tablespoon Contains		%DV
Calories	30	
Total Carbohydrate	5 g	2%♦
Magnesium (magnesium glycinate)	250 mg	63%

♦ Percent Daily Values (DV) are based on a 2,000 calorie diet

Other ingredients: Purified water, glycerin, xylitol, DL-malic acid, concentrated apple juice, natural flavor, potassium sorbate, rebaudioside A (stevia leaf extract)

V1.0 **225**

Spot UV Location

BARCODE LOCATION
883196 14480