

ITEM #1100
B1100 09J



Chelated Magnesium 30 mg

**Promotes
Bone and Muscle Health***

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Magnesium 30 mg	8%
(as Magnesium Gluconate)	

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate.
Contains <2% of: Silica, Titanium Dioxide Color, Vegetable Stearic Acid.

No Gluten, **No** Yeast, **No** Wheat, **No** Milk or Milk Derivatives, **No** Lactose, **No** Soy, **No** Egg, **No** Grapefruit, **No** Fish, **No** Sweetener, **No** Sugar, **No** Starch, **No** Preservatives, **No** Artificial Flavor, **No** Sodium.

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

Directions: For adults, take one (1) tablet two to three times daily, preferably with meals.

Magnesium plays an essential role in maintaining proper bone mineralization.* Magnesium is also involved in muscle contractions and nerve impulses.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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ACTUAL SIZE