

ITEM #5830
B51484 14I



ACTUAL
SIZE



Magnesium 250 mg

**Promotes
Bone Health***

Once Daily Formula

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
--------------------	--------------

Magnesium	250 mg	63%
(as Magnesium Oxide)		

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Natural Palm Leaf Glaze, Titanium Dioxide Color, Vegetable Magnesium Stearate.

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 daily, preferably with a meal.

Since at least half of the Magnesium in the body is combined in the bones with Calcium and Phosphorus (essential bone components), supplementing with Magnesium daily is essential for proper bone mineralization.* This high-quality mineral formula is ideal for supporting daily bone health.*

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.

Manufactured by
Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNNATURAL.com
©2014 Good 'N Natural Manufacturing Corp.