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product info

Read the entire label and follow the directions carefully prior to use.
DIRECTIONS: Take one (1) capsule three times daily with or without food, or as recommended by a healthcare practitioner.

CAUTION: If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

Store tightly closed in a cool, dry place.

WARNINGS:

- **KEEP OUT OF REACH OF CHILDREN.**
- **DO NOT EXCEED RECOMMENDED DOSE.**
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.

Q01800B



LifeExtension®

Migra-Mag with Brain Shield™*



**Magnesium and Gastrodin
Formula**

Dietary
Supplement

90 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide, trimagnesium dicitrate)	121 mg 30%
Brain Shield™ Gastrodin	50 mg **

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, silica, vegetable stearate.

Manufactured for:
Quality Supplements and Vitamins, Inc.

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To report a serious adverse event or obtain product information, contact 1-866-280-2852.