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Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule one to two times daily with or without food, or as recommended by a healthcare practitioner. Can be taken all at once or in divided doses.

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.

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LifeExtension®

Magnesium (Citrate)

160 mg

Bioavailable Mineral For Cardiovascular Health*

Dietary Supplement

100 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Magnesium (as magnesium citrate)	160 mg	40%

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

Non-GMO

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.