Scan for product info

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

DIRECTIONS: Take one (1) capsule one to 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.

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LifeExtension®

Magnesium Caps

500 mg

Essential Mineral For Cardiovascular Health*

Dietary Supplement

100 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving		% Daily Value
Vitamin C (as ascorbyl palmitate)	4 mg	7%
Magnesium (as magnesium oxide, citrate, succinate, TRAACS® magnesium lysyl glycinate chelate)	500 mg	125%

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, medium chain triglycerides, silica, citric acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

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