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Magnesium

250mg

100 coated
caplets

vegetarian
dietary supplement

DIRECTIONS: For adults, take one (1) caplet up to two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Magnesium (as Magnesium Oxide)	250 mg 63%

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Dextrose, Magnesium Silicate, Medium Chain Triglycerides, Titanium Dioxide Color, Vegetable Magnesium Stearate.

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

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

Puritan's Pride® supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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.

*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.

TO REORDER ITEM # 5830
www.puritan.com
1-800-645-1030

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