

MegaFood®

Fresh From Farm To Tablet™

Magnesium

Nourish • Soothe • Replenish



MINERAL
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per Serving		% DV ▼
FoodState Nutrients		
Magnesium.....	(1000 mg†; <i>S. cerevisiae</i>)	50 mg 13
Organic Spinach ...	(natural source of trace minerals)	50 mg **

** % Daily Value (DV) not established

†Total Weight FoodState Nutrient to Deliver Daily Value

Other Ingredients: Plant Cellulose, Organic Rice Bran, Vegetable Lubricant.

Suggested Use: 1 tablet daily. May be taken anytime throughout the day, even on an empty stomach.

Made with Love by MegaFood, PO Box 325, Derry, NH 03038
To learn more, visit megafood.com or call 800.848.2542

MegaFood cares about doing things the right way – we refuse to take shortcuts, and we never compromise on quality or the things that matter. Since 1973, we have been going out of our way to source fresh and local foods from trusted farmers. We then make our wholesome supplements using our one-of-a-kind process to deliver the most authentic nutrition – much more than vitamins alone.

FoodState Nutrients™ are made with fresh, real foods to provide essential vitamins and minerals that are easy-to-digest and gentle on the body, even when taken on an empty stomach.



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Best
Before: