



*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.

Magnesium 250mg

DIETARY SUPPLEMENT

ESSENTIAL FOR BONE &
MUSCLE HEALTH*

100 COATED CAPLETS



Prod No. 5836 B51484 04A USN

Supplement Facts

Serving Size 1 Caplet

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

OTHER INGREDIENTS: CELLULOSE (PLANT ORIGIN), CROSCARMELLOSE, SILICA. CONTAINS LESS THAN 2% OF: CELLULOSE COATING, DEXTROSE, MAGNESIUM SILICATE, MEDIUM CHAIN TRIGLYCERIDES, TITANIUM DIOXIDE COLOR, VEGETABLE MAGNESIUM STEARATE.

Trans Fat 0g

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.

FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, preservatives, soy, artificial flavor, sodium (less than 5 mg per serving).

Keep out of reach of children. Store at room temperature 15°-30° C (59°-86° F), tightly closed. Safety Sealed. Do Not Use If Seal Under Cap Is Cut, Torn or Missing.

Magnesium helps to regulate Calcium transport and is essential for proper bone mineralization.* In addition, Magnesium is also involved in muscle contractions and nerve impulses.*

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

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Actual size
of caplet