



**NATURALIST®**

# Magnesium

## 250mg



**Supports Bone & Muscle Health\***

Dietary Supplement

**100 COATED CAPLETS**

## 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 <2% of:** Cellulose Coating, Dextrose, Magnesium Silicate, Medium Chain Triglycerides, Titanium Dioxide Color, Vegetable Magnesium Stearate.

### IMPORTANT FACTS YOU SHOULD KNOW

Magnesium, a major mineral, plays a vital role in maintaining proper bone mineralization.\* In addition to supporting bone health, Magnesium is also involved in muscle contractions, cell health and energy metabolism.\*

**DIRECTIONS:** FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL.

**Vegetarian Formula**

No yeast, wheat, gluten, milk or milk derivatives, lactose, preservatives, soy, artificial flavor, sodium.

**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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: 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.

Quality Guaranteed Lab Tested  
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.  
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