

CONTAINS NO Artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Magnesium is an essential nutrient required for muscle and brain activities, nerve function, and bone health.† It is also critical for energy production in the body. Sixty percent of the body's magnesium is stored in the bones, and over 25% is stored in muscle. Dietary surveys show that many people are susceptible to magnesium deficiency. Our **Magnesium Glycinate 400 mg** is a superior form of this essential nutrient.

**We Guarantee Our Supplements
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

† 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 GLYCINATE 400 mg

Promotes Muscle, Nerve, Bone and Heart Health†

Dietary Supplement



90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Magnesium (as glycinate).....	400 mg 100%

OTHER INGREDIENTS: CELLULOSE (VEGETABLE SOURCE), CALCIUM STEARATE (VEGETABLE SOURCE), SILICA.

SUGGESTED USE: Take 3 capsules daily with food, or as directed by a health care professional.

KEEP OUT OF REACH OF CHILDREN.

VVL 693-90A

