

SUGGESTED USAGE: Take 2 tablets daily with food, or as directed by your healthcare practitioner.

HOW IT WORKS: Magnesium is a mineral that is essential for a wide range of fundamental cellular functions as it is a cofactor in at least 300 different enzymatic reactions.* Magnesium is well known for its roles in healthy cardiovascular function and bone formation and mineralization.* It is also critical for the regulation of muscle contraction and nerve conductivity through its influence on cell membrane permeability, as well as on the maintenance of the proper charge balance of the bodily fluids.* In addition, Magnesium is essential for the production of cellular energy from the metabolism of carbohydrate and fat.*

CAUTIONS/INTERACTIONS: Large doses of oral magnesium may have a laxative effect. Magnesium may interact with some antibiotics, diuretics, bisphosphonates, and muscle relaxants. In addition, many medications can affect magnesium absorption and excretion. If you are taking prescription medications, consult your healthcare practitioner before using this product.

CODE P1290 V2



PROTOCOL
FOR LIFE BALANCE®

Magnesium Citrate

- Cardiovascular Support*
- Bioavailable Form of Magnesium

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	400 mg	95%

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Vegetarian Coating.

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.

Natural color variation may occur in this product.

