

**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.

## Supplement Facts

Serving Size 1 Caplet

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

**Other Ingredients:** Vegetable Cellulose, Silica. Contains <2% of: Magnesium Silicate, Medium Chain Triglycerides, Polydextrose, Titanium Dioxide Color, Vegetable Magnesium Stearate.

**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.**

**No Gluten, No Wheat, No Milk, No Lactose, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Soy, No Yeast, No Fish. Sodium Free.**

**Sundown<sup>®</sup>**  
*Naturals*

# ESSENTIAL Magnesium

250MG

**Supports Bone and Muscle Health\***

100 CAPLETS

MINERAL SUPPLEMENT

**Smart  
Facts**

Make sure your bones receive the best possible care. Magnesium is essential for bone structure and to the mineralization of bone.\* Magnesium is also involved in muscle contractions and nerve impulses.\*

\*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.



Questions? Call toll free 1-888-VITAHHELP (848-2435) or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

Manufactured by REXALL SUNDOWN, INC.  
Boca Raton, FL 33487 USA

Prod. No. 1N 45103



00A B51484  
©2016

