Suggested Usage: Take 1 capsule daily.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization.* It is a required cofactor for an estimated 300 enzymes.* Among the reactions catalyzed by these enzymes are fatty acid synthesis, protein synthesis, and glucose metabolism.* Magnesium status is also important for regulation of calcium balance through its effects on the parathyroid gland.*

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 1283B V5

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NOW®

Magnesium Caps

400 mg

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

180 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Non-GMO

K

Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Oxide, Magnesium Citrate and Magnesium Aspartate)	400 mg	95%

Other ingredients: Rice Flour, Cellulose (capsule), Silica and Stearic Acid (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108, USA nowfoods.com

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.

Store in a cool, dry place after opening.

Please Recycle.

QUALITY GMP ASSURED