

**Suggested Usage:** Take 3 softgels daily, preferably in divided doses, with food.

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.\* Magnesium Citrate is easily absorbed, and NOW® Magnesium Citrate Softgels are provided in a liquid base with chelated forms for superior bioavailability.

\*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.

SOFTGEL SIZE

**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.

CODE 1297 V3



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# Magnesium Citrate Softgels

**Nervous System Support\***

- Superior Bioavailability
- With Glycinate and Malate

**90 Softgels**

A Dietary Supplement



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 3 Softgels  
Servings Per Container 30

|                                                                                    | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------------------------------------------------------|-----------------------|------------------|
| Calories                                                                           | 20                    |                  |
| Total Fat                                                                          | 2 g                   | 3%*              |
| Magnesium<br>(from Magnesium Citrate, Magnesium Glycinate<br>and Magnesium Malate) | 400 mg                | 95%              |

\* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Rice Bran Oil, Softgel Capsule (bovine gelatin, glycerin, water), Beeswax and Sunflower Lecithin.

NOW FOODS, 395 S. Glen Ellyn Rd.  
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Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

