

**Suggested Usage:** Mix 1 level teaspoon of powder into at least 8 oz. of cold water or clear liquid. Take once daily with a meal. Pure Magnesium Citrate Powder can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

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:** This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1295B V9



# Magnesium Citrate Pure Powder

**Nervous System Support\***

- Supports Energy Production\*
- Critical for Enzyme Function\*

**NET WT. 8 OZ. (227 g)**

A Dietary Supplement    Vegetarian/Vegan



**Minerals**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Level Teaspoon (3 g)  
Servings Per Container about 76

|                                       | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------|-----------------------|------------------|
| Magnesium<br>(from Magnesium Citrate) | 435 mg                | 104%             |

Other ingredients: None.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://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.

This Magnesium Citrate is a fully reacted mineral supplement.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

