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1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222



GNC

Magnesium

500 MG

Essential for calcium absorption and
strong bones & teeth*

Necessary for cell function*

DIETARY SUPPLEMENT
120 CAPSULES

CODE 136812

ARG

Directions: As a dietary supplement, take one capsule daily. For maximum benefits, take as directed every day.

Supplement Facts

Serving Size One Capsule

Amount Per Serving	% Daily Value	
Magnesium (as Magnesium Oxide)	500 mg	125%

Other Ingredients: Cellulose, Gelatin.

Potency verified by GNC procedure #4000.

Conforms to USP <2091> for weight.

Meets USP <2040> disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, Sodium Free,
No Wheat, Gluten Free, No Corn, No Soy, No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

*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.

Lot No./Best By: