

Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.*

* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS

WIND POWER

YES KOSHER

NO YEAST, CORN OR WHEAT

NO SOY, MILK OR SALT

NO SUGAR OR PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS

OR ARTIFICIAL SWEETENERS

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.
Lot No:

Best by:



12P16NL

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**Dietary
Supplement**

90 Tablets

— Our **PLEDGE of INTEGRITY** —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
**Country®
Life**

CHELATED MAGNESIUM

250 mg

Certified Gluten-Free

- Helps relax muscles*
- Supports bone health*

Directions: Adults take one (1) tablet daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium amino acid chelate [rice protein based])	250 mg	63%

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, vegetable glaze.

CAUTION: If you are pregnant or nursing, taking medication, or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 2685