

**H·E·B****Magnesium  
Citrate****100 mg****DIETARY SUPPLEMENT****HELPS SUPPORT BONE &  
MUSCLE HEALTH\***

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**100 CAPSULES**

# Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	
Magnesium (as Magnesium Citrate)	100 mg	24%

**OTHER INGREDIENTS:** GELATIN, CROSCARMELOSE, VEGETABLE MAGNESIUM STEARATE.**Gluten Free****Magnesium is essential for the formation of bones and also supports nerve and muscle health.\* Magnesium Citrate offers higher absorption compared to magnesium oxide.**

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**SUGGESTED USE:** FOR ADULTS, TAKE ONE (1) CAPSULE THREE TO FOUR TIMES DAILY, PREFERABLY WITH MEALS.**WARNING:** IF YOU ARE PREGNANT, NURSING, TAKING ANY MEDICATIONS OR HAVE ANY MEDICAL CONDITION, CONSULT YOUR DOCTOR BEFORE USE. DISCONTINUE USE AND CONSULT YOUR DOCTOR IF ANY ADVERSE REACTIONS OCCUR.**KEEP OUT OF REACH OF CHILDREN**  
STORE AT ROOM TEMPERATURE (59°-86° F).**MADE WITH PRIDE AND CARE FOR H-E-B®,  
SAN ANTONIO, TEXAS 78204  
6563-1701****100%  
GUARANTEE  
promise****H·E·B**  
If you aren't completely pleased with this product, we'll be happy to replace it or refund your money. You have our word on it.**Questions or comments?  
1-800-432-3113**

Prod No. 15215 BI5215 00A

ACTUAL SIZE

Freshness and potency  
guaranteed through: