

Suggested Usage: Take 2 tablets daily 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.*

*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: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

Natural color variation may occur in this product.

CODE 1290D

V8



Magnesium Citrate

200 mg

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

100 Tablets



A Dietary Supplement

Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 50

	Amount Per Serving	% Daily Value
Magnesium (from Magnesium Citrate)	400 mg	95%

Other ingredients: Cellulose, Vegetarian Coating [cellulose, calcium carbonate, mct oil (medium chain triglycerides) (from coconut/palm kernel oil), xylitol], Stearic Acid (vegetable source), Croscarmellose Sodium and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This Magnesium Citrate is a fully reacted mineral supplement.

Store in a cool, dry place after opening.

