

USAGE: Take 1 tablet 1 or 2 times per day preferably with meals or as directed by your qualified health care consultant. **Easy-Solv®** tablets are designed to disintegrate within several minutes of ingestion.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

Magnesium Optimizer® is a synergistic combination of nutrients that optimize magnesium metabolism.* Magnesium is beneficial for nerve and muscular tissue metabolism.* Magnesium and potassium can be utilized by physically active individuals to support electrolyte levels in the body.* Taurine, a free-form amino acid antioxidant, is a cell membrane stabilizer.* Taurine enhances the effects of magnesium and potassium because taurine aids osmoregulation (maintenance of proper concentration of ions).*

Keep out of the reach of children.

* 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.

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PROD # 113007



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Jarrow FORMULAS®

MAGNESIUM OPTIMIZER® CITRATE

- Important For Bone Health*
- Supports Muscle Function*

100 Easy-Solv® Tablets
Dietary Supplement

Supplement Facts

Serving Size 1 Tablet Servings Per Container 100

	Amount Per Tablet	% DV
Magnesium (as magnesium citrate)	100 mg	25%
Potassium (as potassium citrate)	50 mg	1%
Taurine	350 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source) and plant oil based coating. No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.



Lot #. Best Used Before:

Distributed Exclusively by:
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