

Magnesium Citrate

Magnesium in the citrate form.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium can have a laxative effect.

Contraindicated with use of aluminum containing drugs.

Store in a cool, dry place, tightly capped.



AllergyResearchGroup®

Magnesium Citrate



dietary supplement
HYPOALLERGENIC
90 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	90

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Citrate)	
170 mg	43%

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Formulated exclusively for Allergy Research Group®
Alameda, CA 94502 www.allergyresearchgroup.com
Phone: 510.263.2000

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