

Magnesium is a poly-active major essential mineral. Magnesium helps to regulate calcium transport and absorption. By stimulating the secretion of the hormone calcitonin, it aids the influx of calcium into bone and promotes optimal bone mineralization. Magnesium also works with ATP to release the energy needed to fuel most reactions in the body. It supports healthy nerve and muscle function. This formulation provides a patented form of chelated magnesium to help support optimal absorption and assimilation.*

*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.

Carefully Manufactured by:

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CHELATED MAGNESIUM

SUPPORTS NERVE & MUSCLE FUNCTION*
PROMOTES HEALTHY BONES*
VITAL FOR CELLULAR ENERGY RELEASE*

Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 62

Amount Per Serving	%DV
Magnesium 400 mg (as magnesium glycinate cholate, magnesium oxide)†	100%

DV= Daily Value

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (Color), Vegetable Glycerin.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Preservatives.

SUGGESTED USE: As a dietary supplement for adults, take four (4) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

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