



Carlson®

# Magnesium

400 mg

Gels

DIETARY SUPPLEMENT

Promotes Regularity\* ✓ Cardiovascular Support\* ✓ Muscle Function\*

100 Soft Gels

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 100

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Magnesium (from magnesium oxide)	400 mg	95%

\*\*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Sunflower oil, beeswax, soft gel shell [beef gelatin, glycerin, water, titanium dioxide (for color)].

**Directions:** Adults: take one soft gel daily at **mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Magnesium is an essential mineral that plays an important role in many body functions. Magnesium is responsible for a healthy heart rhythm, nervous system function, and the normal utilization of calcium and potassium.\* Magnesium may naturally help promote regular bowel elimination.\*

✓ **Gluten-free** ✓ **Milk/Casein-free**  
✓ **No Artificial Preservatives**

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## POTENCY & QUALITY GUARANTEED

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