

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.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

CODE 1290F
V13



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 (elemental) (from 2,667 mg Magnesium Citrate)	400 mg	95%

Other ingredients: Hydroxypropyl Cellulose, Microcrystalline Cellulose, Vegetarian Coating, Stearic Acid (vegetable source), Croscarmellose Sodium and Magnesium Stearate (vegetable source).

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd. Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

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

This magnesium citrate is a fully reacted mineral supplement.

