

**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.

CODE 1292F V11



# Magnesium Citrate

## 200 mg

**Nervous System Support\***

- Supports Energy Production\*
- Critical for Enzyme Function\*

**250 Tablets**



A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 125

	Amount Per Serving	% Daily Value
Magnesium (elemental) (from 2,660 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).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

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

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

This magnesium citrate is a fully reacted mineral supplement.

