

Suggested Usage: Mix 1 level teaspoon of powder into at least 8 oz. of cold water or clear liquid. Add powder slowly while stirring. Take once daily with a meal. Pure magnesium citrate powder can increase the temperature of liquids upon contact; therefore, the recommended serving **MUST** be mixed into at least 8 oz. of cold liquid to neutralize this reaction prior to ingestion.

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: This product must be dissolved into at least 8 oz. of cold water or clear liquid before consuming. Do not breathe powder and avoid contact with skin, eyes, and clothing. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

CODE 1295B

V11



Magnesium Citrate Pure Powder

Nervous System Support*

- Supports Energy Production*
- Critical for Enzyme Function*

NET WT. 8 OZ. (227 g)

A Dietary Supplement Vegetarian/Vegan



Minerals

Family owned since 1968.

Supplement Facts

Serving Size 1 Level Teaspoon (3 g)
Servings Per Container about 76

	Amount Per Serving	% Daily Value
Magnesium (from 3,000 mg Magnesium Citrate)	450 mg	107%

Other ingredients: None.

Quality Tested & Packaged by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

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

This magnesium citrate is a fully reacted mineral supplement.

This product is sold by weight not volume.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

