

Country Life Magnesium Glycinate is fully reacted with an amino acid chelate. It offers a bioavailable source of magnesium to the body.\* Magnesium is needed for more than 300 biochemical reactions in the body and it helps to relax muscles.\* It can also support energy production, cardiovascular function, immune health and strong bones.\*

\* 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.

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS WIND POWER  
**YES** KOSHER-PARVE

**NO** GMOs  
**NO** YEAST, CORN OR WHEAT  
**NO** SOY, MILK OR SALT  
**NO** SUGAR OR PRESERVATIVES  
**NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS  
**NO** MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

**22L536A**  
**353 14:31 02**  
**11/25**

Best by:



Dietary Supplement **180** Tablets

— *Our PLEDGE of INTEGRITY* —  
 AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY

ESTABLISHED  
 — 1971 —

**Country<sup>®</sup>  
 Life**

**CHELATED  
 MAGNESIUM  
 GLYCINATE**

400 mg per serving

**Certified Gluten-Free**

- ▶ Supports heart health\*
- ▶ Promotes healthy bone and muscle function\*



**Directions:** Adults take three (3) tablets daily with a meal. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

**Supplement Facts**

Serving Size 3 tablets

Servings Per Container 60

Amount Per Serving	% Daily Value	
Magnesium (as magnesium bisglycinate)	400 mg	95%

Other Ingredients: Cellulose, stearic acid, organic coating (tapioca maltodextrin, sunflower lecithin, sustainable palm oil, guar gum), silica.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59° - 86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC  
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 CountryLifeVitamins.com  
 Product No. 2681

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