

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 NON-GMO PROJECT VERIFIED
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 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:

Best by:



Dietary Supplement **180** Tablets

ESTABLISHED 1971
Country 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.

† Country Life always labels minerals in elemental weight.

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.

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

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