

DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Magnesium (as Magnesium Oxide)	250 mg	63%

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Natural Palm Leaf Glaze, Titanium Dioxide Color, Vegetable Magnesium Stearate.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free
1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com



Sundown
Naturals

ESSENTIAL Magnesium

250 MG

**Supports Bone
& Muscle Health***

**COATED
FOR EASY
SWALLOWING**



VEGETARIAN FORMULA

100 CAPLETS

MINERAL SUPPLEMENT

Smart Facts

Make sure your bones receive the best possible care. Magnesium is essential for bone structure and to the mineralization of bone.* Magnesium is also involved in muscle contractions and nerve impulses.*

*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.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.



**FREE OF
Gluten &
Wheat**

Manufactured by REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Prod. No. 45103



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