

Magnesium is needed for more than 300 biochemical reactions in the body and helps to relax muscles and to maintain an already normal blood flow.\* It can also support a steady heart rhythm and a healthy immune system, as well as keep bones strong.\*

\* 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

**NO** YEAST, CORN OR WHEAT

**NO** SOY, MILK OR SALT

**NO** SUGAR OR PRESERVATIVES

**NO** ARTIFICIAL COLORS, FLAVORS

OR ARTIFICIAL SWEETENERS

**NO** MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:

12016NL



**K**

Dietary  
Supplement

**180** Tablets

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

ESTABLISHED  
— 1971 —  
**Country<sup>®</sup>  
Life**

# CHELATED MAGNESIUM

250 mg

Certified Gluten-Free

- Helps relax muscles\*
- Supports bone health\*

**Directions:** Adults take one (1) tablet 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 1 tablet

Amount Per Serving	% Daily Value	
Magnesium (as magnesium oxide, magnesium amino acid chelate [rice protein based])	250 mg	63%

Other Ingredients: Cellulose, L-leucine, cellulose & glycerin coating, silica, vegetable glaze.

**CAUTION:** If you are pregnant or nursing, taking medication, or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**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. 2686