

Product Information Sheet

Product Name	NOW Supplements, Magnesium Citrate Pure Powder, Enzyme Function*, Nervous System Support*, 8-Ounce
Brand	NOW Supplements
Vendor SKU	1295
UPC	733739012951
GTIN	30733739012952
Country of Origin	US
Serving Size	1 Level Teaspoon (approx. 3 g)
Unit Count	8
Directions	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. Store in a cool, dry place after opening.
Ingredients	Supplement Facts Serving Size: 1 Level Teaspoon (3 g) Servings Per Container: about 76 Description Amount per Serving % Daily Value Magnesium (elemental) (from 3,062 mg Magnesium Citrate) 450 mg 107% Other Ingredients: None. Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. 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 and eyes. For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. 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. Packaged and quality tested in the USA. Store in a cool, dry place after opening. Family owned since 1968. This bottle is made from 100% PCR (post-consumer recycled) resin.
Product Description	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.* Natural color variation may occur in this product.