

## Ingredients

Magnesium Bisglycinate 700mg (Magnesium 77mg), Vegetarian Capsule: HMPC (Hydroxypropyl methyl cellulose).

## Usage

**Serving Size** 2-5 capsules daily

**Suggested Use** 2-5 capsules daily. Do not exceed recommended daily intake. As with all our products, One Nutrition Pure Magnesium, Bisglycinate capsules are a supplement to a balanced diet and healthy lifestyle, not a substitute for one. Keep out of reach of children. Replace lid securely and store in a cool dry place. Consult a healthcare professional if you are pregnant/breastfeeding, have a medical condition or are on medication

**Servings Per Container:** 90 (x1 a day) servings

**Storage:** Store in a cool, dry place