

Nutritional Information

Serving Size: **2 Capsules**

Servings Per Container: **90**

Directions:

Take two capsules daily with food or as directed by your healthcare professional.

Ingredients	Per Serving	*NRV
Magnesium Glycinate	1500 mg	**
<i>Providing:</i>		
Elemental Magnesium	300 mg	80%
KEY: *NRV = Nutrient Reference Value ** = No NRV Established		

Ingredients:

Magnesium Bisglycinate 20% (buffered), Vegetable Capsule Shell (HydroxyPropylMethylCellulose).

Caution:

This product is not designed to replace a varied and balanced diet. Do not exceed stated dose. If you are pregnant, breastfeeding or taking any medication, please consult your doctor before use. Store in a cool, dry place. Keep out of reach of children.

What's Inside?

Take a closer look at the ingredients in each and every serving.

