

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 60

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Calcium (as dibasic calcium phosphate)	95 mg	7%
Magnesium (as magnesium bis-glycinate)	200 mg	48%
Sodium	10 mg	<1%

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Other ingredients: microcrystalline cellulose, dibasic calcium phosphate, stearic acid, modified cellulose gum, hydroxypropyl cellulose, magnesium stearate, and silica.

Suggested Use: 2 tablets twice daily.

NOTE: If you are pregnant, may become pregnant, or breast-feeding, consult your health care professional before using this product.

STORE IN A COOL, DRY PLACE.

Magnesium is essential for the body and helps maintain over 300 vital cardiovascular and neurological functions. Magnesium is also essential for the production of energy. The body's magnesium stores are depleted over time, which can lead to various health issues. Magnesium bis-glycinate is a highly absorbable form of magnesium that helps support overall health and well-being.

Suitable for vegetarians and those with gluten intolerance. Contains no artificial preservatives or colors.

Do not use if the seal is missing or broken.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.