

Contains No sugar, salt, dairy, yeast, wheat, gluten, fish, shellfish, peanuts, soy, tree nuts, sesame, preservatives, artificial colors, artificial flavors.

Suggested Use: As a dietary supplement, adults take 3 vegan capsules daily, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

† 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.

KEEP OUT OF REACH OF CHILDREN.

Magnesium Glycinate 400 mg

**SUPPORTS ENERGY PRODUCTION, MUSCLE
RELAXATION & CARDIOVASCULAR HEALTH†**

GLUTEN FREE • NON GMO • VEGAN

Dietary Supplement
90 Vegan Capsules

SUPPLEMENT FACTS

Serving Size 3 Vegan Capsules

Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (from magnesium glycinate)	400 mg	95%

Other Ingredients: Vegetarian capsule (modified cellulose, water), magnesium stearate, vegetable stearin, silica, cellulose.

Magnesium helps the body respond naturally to stress, and supports a deep sense of relaxation.†

Magnesium glycinate is highly bioavailable, and is better absorbed than other forms of supplemental magnesium.†

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