

**Suggested Use:** As a dietary supplement, adults take one tablet, four (4) times daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH  
OF CHILDREN.**

AMINO ACID  
**Chelated  
Magnesium**

*Dietary Supplement*  
100 Tablets

**SUPPLEMENT FACTS**

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Magnesium (as amino acid chelate)	100 mg	24%

**Other Ingredients:** Cellulose, cellulose gum, vegetable stearin, silica, magnesium stearate, modified cellulose and food glaze.

**Contains No** sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

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