

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

Suggested Use: As a dietary supplement, adults take 3 vegetarian 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 CALMNESS &
RELAXATION†**

VEGETARIAN
Dietary Supplement
90 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

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

Other Ingredients: Capsules (cellulose, water), vegetable stearin, magnesium stearate, silica and 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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