

**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*  
180 Vegetarian Capsules

## **SUPPLEMENT FACTS**

Serving Size 3 Vegetarian Capsules  
Servings Per Container 60

	<b>Amount Per Serving</b>	<b>% Daily Value</b>
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.†

