

PK002153
5A010

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



HIGH ABSORPTION*

Magnesium Citrate

250 mg
per serving



Supports
more than 300
enzymatic reactions
in the body[†]

180 SOFTGELS

Supports
muscle relaxation,
heart, nerve &
bone health[†]

Dietary Supplement

*Magnesium Citrate is better absorbed than Magnesium Oxide.
[†]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.

SCAN FOR MORE
INFORMATION



SUGGESTED USE:

Adults, take 2 softgels
daily with water and a meal.

Store tightly closed, in a
cool, dry place, out of
reach of children.

Do not use if seal under cap is broken or missing.

CAUTION: If you have kidney disease or are taking any medication, consult your physician before use.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 90

Amount Per Serving	% Daily Value
Calories 15	
Total Fat 1 g	1%*
Saturated Fat 1 g	5%*
Total Carbohydrate 2 g	1%*
Protein less than 1 g	
Magnesium (as Magnesium Citrate) 250 mg	60%

*Percent Daily Values are based on a 2,000 calorie diet.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.
USP sets official standards for dietary supplements. www.uspverified.org

★Based on a survey of pharmacists who recommend branded vitamins and supplements.

- ✓ No Synthetic Dyes - Colors Derived from Natural Sources
- ✓ No Artificial Flavors
- ✓ Gluten Free

OTHER INGREDIENTS:

Vegetable Oil (Soybean Oil and/or Medium Chain Triglycerides Oil), Gelatin, Glycerin, Lecithin, Yellow Beeswax, Colors Added (Including Carmine).

Lot:
Exp:



ITEM #
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