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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

Nature Made

HIGH ABSORPTION*

Magnesium

Citrate
250 mg
per serving



**Supports
more than 300
enzymatic reactions
in the body†**

60 SOFTGELS

**Supports
muscle relaxation,
heart, nerve &
bone health†**

Dietary Supplement

†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.

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

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

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.

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

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.

Lot:
Exp.:



◆ Magnesium Citrate is better absorbed than Magnesium Oxide.