

PK002200
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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

NatureMade

HIGH ABSORPTION*

Magnesium

Citrate

250 mg
per serving

EVERYDAY VALUE

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

140 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.
♦Magnesium Citrate is better absorbed than Magnesium Oxide.

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 70

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.

OTHER INGREDIENTS:

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

Lot:
Exp: