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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

NatureMade

Magnesium

EXTRA STRENGTH
400 mg

**Supports
muscle
relaxation[†]**

150 SOFTGELS

**Supports
nerve, heart
& bone health[†]**

Dietary Supplement

SCAN FOR MORE
INFORMATION



SUGGESTED USE: Adults, take 1 softgel 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: Do not exceed one softgel daily or take with other products that contain magnesium, unless recommended by your physician. Product may cause gastrointestinal disturbance, including diarrhea. Consult your physician before use if you have kidney disease or are taking medication.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 10	
Total Fat 0.5 g	1%*
Saturated Fat 0.5 g	3%*
Magnesium (as Magnesium Oxide) 400 mg	95%

*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, Colors Added (Including Carmine).

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

Encapsulated and quality tested in the USA.

Made to our guaranteed purity and potency standards.

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

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

[†]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.

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