

Magnesium



Supplement Facts

Serving Size: 1 capsule

Serving Per Container 28

Ingredient	AM Packet		PM Packet	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Magnesium (as Magnesium Bisglycinate Chelate)	—	—	90mg	21%

Other Ingredients: Veggie capsule (Hydromellose), Rice Flour, L-Leucine

Contains No: Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Soy, Fish/Shellfish, Nuts, Eggs, GMOs, Sesame

Suggested Use: Take 1 capsule once daily as a dietary supplement with food or as directed by a healthcare professional

CAUTION: Keep out of reach of children. If you are pregnant or nursing, consult your physician before taking this product.