

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 90

Amount Per Serving

Magnesium (as magnesium oxide, trimagnesium dicitrate)	121 mg
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Brain Shield™ Gastrodin	50 mg
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Other ingredients: vegetable cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, silica, vegetable stearate.

Dosage and Use

- Take one capsule three times daily with or without food, or as recommended by a healthcare practitioner.

Caution

- If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating

