

# Supplement Facts

Serving Size 1 vegetarian capsule

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## Amount Per Serving

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Magnesium (as ZümXR® magnesium oxide, magnesium citrate)	250 mg
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Other ingredients: rice concentrate, vegetable cellulose (capsule), microcrystalline cellulose, ethylcellulose, hydroxypropyl methylcellulose, medium chain triglycerides, oleic acid, silica.

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Non-GMO

ZümXR® is a registered trademark and protected by patents. See [www. ZümXR.com](http://www.ZümXR.com).

## Dosage and Use

- Take one (1) capsule once or twice 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.

## Actual Size

