

**Suggested Use:** Adults take 2 capsules any time of day with food and a beverage.

## Supplement Facts

Serving size 2 capsules

**Amount per serving**

**% Daily Value**

Magnesium (as magnesium malate, magnesium citrate, magnesium glycinate) 300 mg 71%

Organic spinach leaf 50 mg \*\*

\*\*Daily Value not established

**Other Ingredients:** Hypromellose, silicon dioxide, ascorbyl palmitate, rice hull concentrate.

