

Supplement Facts

Serving Size: 3 Softgels

Servings Per Container: 25

	Amount Per Serving	% Daily Value*
Calories	20	
Total Fat.....	2 mg.....	3%
Magnesium	400 mg.....	95%
(from Magnesium Citrate, Magnesium Glycinate and Magnesium Malate)		

* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

Other Ingredients: Rice Bran Oil, Softgel Capsule (bovine gelatin (BSE-free), glycerin, water), Beeswax and Sunflower Lecithin.

Manufactured and Distributed by:

Penn Herb Company, Ltd.

Philadelphia, PA 19154-3293

Www.PennHerb.com / 215-637-HERB

Suggested Use: Take 3 softgels daily, preferably in divided doses, with food.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Benefits of Magnesium Citrate:

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. It works along with calcium to maintain bone health. Magnesium is easily absorbed, and Nature Wonderland's® Magnesium Softgels are provided in a liquid base with chelated forms for superior bioavailability.*

● With Glycinate and Malate*

● Supports energy production*

Keep in a cool, dry place with lid tightly closed.

Natural color variation may occur in this product.

Not manufactured with: wheat, gluten, soy, milk, egg, fish or shellfish ingredients.

Safety Sealed: Do not accept if inner freshness seal is damaged or missing.

Nature's Wonderland® Guarantee: This product is guaranteed for purity, freshness and labeled potency.

*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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