

Contains No sugar, salt, dairy, soy, yeast, wheat, gluten, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take 3 vegetarian capsules daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

† 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.

KEEP OUT OF REACH OF CHILDREN.

Magnesium Glycinate

400 mg

SUPPORTS CALMNESS & RELAXATION†

VEGETARIAN
Dietary Supplement
90 Vegetarian Capsules

SUPPLEMENT FACTS

Serving Size 3 Vegetarian Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Magnesium (as TRACES® magnesium glycinate)†	400 mg	95%

Other Ingredients: Capsules (cellulose, water), vegetable stearin, magnesium stearate, silica and cellulose.

Magnesium helps the body respond naturally to stress, and supports a deep sense of relaxation.†

Magnesium glycinate is highly bioavailable, and is better absorbed than other forms of supplemental magnesium.†

† Manufactured by Albion Laboratories, the world leader and innovator in mineral amino acid chelate nutrition. The company's products, including their TRACES® premium chelated minerals, have been featured in numerous research and clinical studies.

TRACES® is a registered trademark of Albion Laboratories.



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