

Magnesium Citrate

Extra Strength (200mg)

Magnesium Citrate plays key roles in the activation of amino acids for protein biosynthesis and is highly concentrated in intracellular fluid and bone.* It is essential for energy production and metabolism.* Magnesium Citrate supports normal muscle contraction and relaxation responses during rest or vigorous activity.* It may also help with nocturnal leg muscle cramps and support healthy bone structure.*

Directions

Take one capsule 2-3 times per day with meals or as directed by your healthcare practitioner.

Does Not Contain

Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Cautions

Keep out of reach of children.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 120

Amount Per Serving		% Daily Value
Magnesium (as magnesium citrate)	200 mg	50%

Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, l-leucine.

*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.