Magnesium Citrate 90 capsules
70240


This macromineral is a cofactor for some 300 enzymes in the body, and acts in concert with calcium to support cell, tissue, and organ functions. Magnesium also contributes significantly to bone formation and mineralization.* Every batch is tested to ensure the absence of heavy metals and other contaminants.*

Each capsule contains:
Magnesium (as Magnesium Citrate) 170 mg
Other ingredients:
Magnesium stearate, silicon dioxide.

Suggested use:
As a dietary supplement, 1 capsule one to three times daily between meals, or as directed by a healthcare practitioner. High doses of magnesium may have a laxative effect.

Contraindicated with use of aluminum containing drugs.