



Chelated Magnesium

Advanced Patented Process*

Suitable For Vegetarians

Sugar and Starch Free

Supplement Facts
Serving Size 4 Tablets
Servings Per Container: 25

	Amount Per 4 Tablets	% Daily Value
Total Carbohydrate	1 g	<1%*
Dietary Fiber	1 g	4%*
Calcium (as dicalcium phosphate)	135 mg	14%
Iron††	0.7 mg	4%
Magnesium (as magnesium glycinate† amino acid chelate)	400 mg	100%
Sodium††	10 mg	<1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Glycerin.

† Fully reacted, Albion process patent No. 4,599,152 Chelazomes.

†† Naturally occurring; therefore amount may vary.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's Chelated Magnesium Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

Solgar's Chelated Magnesium Tablets are manufactured under license agreements with Albion Laboratories whose patents and pending patents cover the complexing of minerals with pure amino acids.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 700,701

Available in Bottles of: 100,250

Solgar's KOF-K Kosher certification #K-1250 

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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