Product Information

Chelated Magnesium



Description:	Chelated Magnesium, vegetarian, dietary supplement. • Magnesium provides nutritive support for normal, healthy heart, nerve, and muscle function. • Vegetarian Formula • Chelated for Maximum Bioavailability
Item#:	81123
Size:	100ct 220mg
Suggested Retail Price:	$6.29
Directions:	As a dietary supplement, take 2 tablets daily with a meal or a glass of water.
Serving Size:	2 Tablet 50 Servings per container

Ingredients:	Amount per serving:	% Daily Value: +
Folate (as Folic Acid)	3.2 mcg	1%
Sulfur	1.0 mg	~
Inositol	1.6 mg	~
Choline (as Choline Bitartrate)	1.6 mg	~
Iodine (as Iodide from Kelp [Fucus vesiculosis])	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	220 mg	55%
Riboflavin (B-2)	4.8 mg	282%
Vitamin B-1 (as Thiamine Mononitrate)	4 mg	267%

Niacin (50% as Niacinamide)	40 mg	200%
Pantothenic Acid (as Calcium d-Pantothenate)	10 mg	100%

Key to Ingredients:
~ = Daily Value not established.
+ = Percent Daily Value is based on a 2,000 calorie diet.
† = Values differ depending on age
‡ = Values differ depending on age

Other Ingredients:	Cellulose, stearic acid, silica, acacia, magnesium stearate
Other:	See product label for more information.

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