Magnesium Citrate

Code 1652 (150mg / 90 Capsules) buy now



Natural Factors Magnesium Citrate capsules contain 150mg of this extraordinary mineral. Magnesium is necessary for hundreds of enzyme reactions in the body and for normal heart function. It is necessary for protein synthesis, carbohydrate metabolism, proper muscle function and helps to absorb calcium and potassium.' Citrates are extremely well absorbed and well-tolerated by the body making Natural Factors Magnesium Citrate capsules an excellent way to get this important mineral.

Suggested Usage:
1 capsule, 1-3 times per day or as directed by a health professional.
Contains no artificial preservatives or color, no dairy, sweeteners, starch, wheat or yeast.

Supplement Facts

Serving Size 1 Capsule

	Amount per Serving	% Daily Value
Magnesium (as magnesium citrate)	150mg	38%

Other ingredients: Gelatin capsule (gelatin, purified water), microcrystalline cellulose, magnesium stearate (vegetable grade).

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.