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Magnesium Caps
**500 mg, 100 capsules**
Item Catalog Number: 264

Many Americans do not obtain adequate amounts of magnesium in their diets.53 Magnesium is so inexpensive that everyone should consider supplementing at least 500 mg of magnesium daily. This product provides one of the highest concentrations of elemental magnesium per capsule available on the market.

References

Supplement Facts

Serving Size 1 capsule
Servings Per Container 100
Amount Per Serving

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|---|---|
| Magnesium (as magnesium oxide, magnesium chloride, magnesium aspartate, magnesium succinate, magnesium amino acid chelate) | 500 mg |

Other ingredients: gelatin, magnesium stearate, water.
Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish, soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one capsule one to five times daily with or without food, or as recommended by a healthcare practitioner.

Caution

If taken in high doses, magnesium may have a laxative effect. If this occurs, divide dosing, reduce intake, or discontinue product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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