Recommended Dose: Adults (19 years and older): Take one tablespoon daily or as recommended by your healthcare practitioner. Adolescents (9-18 years): Take ½ tablespoon daily or as recommended by your healthcare practitioner. **Risk Information:** Some people may experience diarrhea at doses greater than 351 mg per day. **Guaranteed** to contain no added wheat, yeast, gluten, soy, sugar, artificial coloring or flavoring, dairy or animal products. Ideal for vegans. Quality Assurance: Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Shake well before each use. Store in a cool, dry place. Keep out of reach of children.



## Magnesium Complex Liquid

MINERAL SUPPLEMENT Natural Tart Berry Flavor

**15.2** fl oz (450 ml)

## Supplement Facts

Serving Size 1 Tablespoon (15 ml) Servings per Container 30

Each Tablespoon Contains		% DV
Calories	30	
Total Carbohydrate	5 g	2%♦
Magnesium (magnesium glycinate/ citrate/malate)	500 mg	125%

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

Other ingredients: Purified water, glycerin, xylitol, citric acid, DL-malic acid, natural flavor (blueberry/raspberry), xanthan gum, potassium sorbate, sodium citrate, organic stevia leaf extract (glucosylsteviosides)



Spot UV Location

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